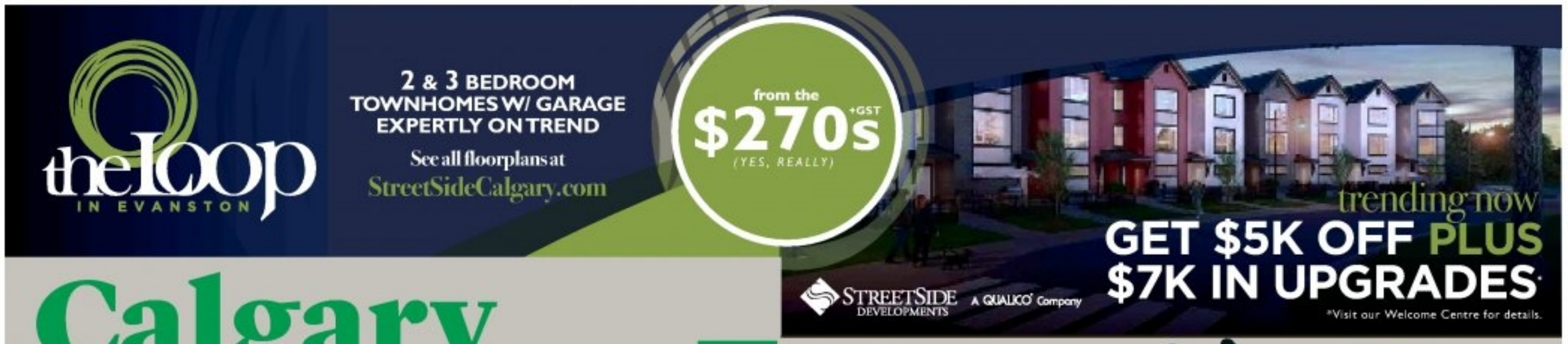

Calgary metro

Your essential daily news | WEEKEND, MAY 19-22, 2017

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DRIVE AWAY TODAY!

SEE PG 39

Uniting the right

POLITICS

PC, Wildrose leaders strike tentative deal

Jeremy Simes
Metro | Edmonton

So long PCs and Wildrose — hello United Conservative Party.

Wildrose Leader Brian Jean and Progressive Conservative Leader Jason Kenney announced Thursday they've struck a tentative deal to merge.

The agreement still has to be approved by 75 per cent of Wildrose members and just over 50 per cent of PC members, but if it goes ahead, the new party will set up a leadership committee with a plan to elect a new leader by Oct. 28.

"The members will always be in the driver's seat," Jean told reporters Thursday. "They are the guiding compass of our party."

The agreement is more than just about "uniting the right," Kenney added. "It's about recreating a broad, tolerant, free-enterprise coalition," he said.

"This is a great day, a historic day in Alberta."

Kenney also took aim at the Alberta NDP, as unity "ensures defeat for the disastrous" government.

"Help is on the way and hope is on the horizon," Kenney said. "I'm advocating a yes vote but I welcome serious debate."

In response, Premier Rachel Notley said her party is focused on steering the province through the current downturn rather than making huge cuts to government programs, including health care and education, "to fund tax breaks for the top one per cent."

"That is not a path to recovery," she said. "I'm happy to have that debate with one right-wing party or 10 right-wing parties."

What the experts think of the merger metroNEWS

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IMMEDIATE POSSESSION

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- 2193 sq. ft. 3 beds, 2.5 baths
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metro NEWS

Your essential daily news

Chris Cornell, lead singer for Soundgarden and Audioslave, found dead in Detroit. **Life**

Calgary by kayak

GREAT OUTDOORS

Your guide to river recreation this summer

Elizabeth Cameron
For Metro | Calgary

Glamping, but for kayaking.

That's what self-described serial entrepreneur Ravi Thaker envisioned for Paddle Station, an all-inclusive recreation company that aims to make it easier for Calgarians to enjoy a float down the river by taking the hassle out of, well, the whole process.

Thaker said he started the business with one goal in mind: make it easier for the average Joe to get on the Bow.

"(Right now) it requires foresight; you need to think about it a couple days before," Thaker said.

Not anymore. Arrive at one of their docking points at Shouldice Park, Prince's Island or St. Patrick's Island and you'll find a kayak or multi-person raft with everything you need for a successful trip on the water.

"We'll outfit you, we'll teach you about the safety, give you a (life-jacket) and off you go," Thaker said, adding he hopes to expand into Edmonton and other provinces in the future.

STAY INFORMED

- **Check local bylaws at** calgary.ca/watersafety
- **Check flow levels at** rivers.alberta.ca

Acting fire chief Ken Uzeloc said Partners in Water Safety — a collaboration between his Calgary Fire Department (CFD), the Calgary Police Service and Community Standards — is happy to co-ordinate with companies like Paddle Station, provided they ensure users have the means to stay safe.

"If they're taking the right safety precautions, providing the right equipment and users are properly educated ... I think we're all going to be in a good relationship," Uzeloc said.

Last year, there were 62 rescues on Calgary waterways, according to the CFD.

Uzeloc said calls for help on swift water, mainly on the Bow River, increased 25 per cent in 2016 compared to the year before, but that's likely because more people are on the water.

"We have a beautiful recreation area coming right through the middle of town, and we're a fairly young city.... I think people are getting out and wanting to see this more and use it," Uzeloc said.

1 Metro kayaked the shortest route Paddle Station offers, from Prince's Island Park to St. Patrick's Island. Total time: 38 minutes.

They supply water bottles, sunscreen, all the required safety equipment (including a bail bucket) as well as a dry bag for electronics and will even shuttle you back to your car.

Expertise required: none. The last time this reporter was in a boat was at summer camp, but it was easy to manoeuvre the lightweight single-person kayak.

ELIZABETH CAMERON/FOR METRO

2 Calgarians can expect police and peace officers to be on the water enforcing the rules all summer long. A reminder: no drugs or alcohol are allowed on the river, ever.

"These substances impair judgement and reaction time," said acting fire chief Ken Uzeloc.

JENNIFER FRIESEN/FOR METRO

3 Make sure you're prepared before heading out. No life-jacket? You'll get slapped with a mandatory court appearance and up to $500 in fines.

Community Standards inspector Susan Wall said since Partners in Water Safety formed in 2009, they've seen a significant increase in the number of people wearing life jackets on the water.

"Overall, we believe people are listening," Wall said.

ELIZABETH CAMERON/FOR METRO

FUNDING

Indigenous tourism business gets boost

The Aboriginal Tourism Association of Canada (ATAC) will receive a $100,000 grant to expand tourism-related businesses in Alberta, the province said Thursday.

The money is meant to help grow tourism opportunities in Alberta's First Nations and Metis communities.

It's the first time the ATAC has been given grant funding by a province or territory, according to the ministry of culture and tourism.

The association plans to build an indigenous tourism entrepreneurship program for budding businesses, artists, and storytellers as well as supporting 'Alberta Day' at the 2017 International Aboriginal Tourism Conference, to be held in Calgary from Nov. 5 to 7. METRO

LEGISLATION

New ATV helmet law not enough: Advocate

A new helmet law won't be enough to keep all-terrain vehicle riders safe on May long weekend, according to the director of the University of Alberta's Injury Prevention Centre.

Helmet laws tend to cut fatalities in half, he said, but because of several exemptions in Alberta's legislation he only expects "two or three lives" will be saved. His biggest concern is the exemption for side-by-side ATVs with rollover protection and seatbelts, because children sometimes ride in them.

KEVIN MAIMANN/METRO

Philadelphia model used to tackle cases

SEXUAL ASSAULT

Committee will take second look at closed cases

Lucie Edwardson
Metro | Calgary

Sexual assault cases deemed unfounded by Calgary police will now have a second set of eyes evaluate the case before it's officially closed.

On Thursday, Calgary Police Service announced they would be adopting an approach first used in Philadelphia 17 years ago. The method reviews unfounded sexual assault cases at least three times a year by a Case Review Committee.

Danielle Aubry, CEO Calgary Communities Against Sexual Abuse (CCASA) and Case Review Committee member said this is a big step for Calgary.

"The reality is that this brings a different level of accountability for the police that we've never had before. Timing is everything and that is why I'm extremely happy the CPS is taking this leadership role," she said. "It's a big step and it's a different way of doing things, so the fact that Calgary is the first big centre in Canada to do this, I'm quite proud of that."

This comes after a Globe and Mail investigative piece uncovering that many Canadian police agencies were closing sexual assault cases as unfounded at a higher rate than academic research advises.

In Calgary, the unfounded sexual assault rate was approximately 10 per cent, or 62 cases, every year.

Danielle Aubry, CEO Calgary Communities Against Sexual Abuse (CCASA) and Staff Sgt. Bruce Walker of the Calgary Police Service announcing CPS would be adopting an approach first used in Philadelphia 17 years ago. LUCIE EDWARDSON/METRO

When this news came to light, police launched their own review of cases, which actually changed the status of 48 files. One case was re-opened for further investigation and 47 were reclassified from unfounded to "open, inactive," which they say means an offence may have happened, but they need more evidence.

This investigation also brought up areas where police can improve. Officers will be given better training on dealing with sexual assault trauma and are designating an officer as a Sexual Offence Coordinator to make sure all sexual offences are being investigated properly.

"Calgary's unfounded rate was lower than average, both nationally and provincially," said Staff Sergeant Bruce Walker with the Calgary Police Service Sex Crimes Unit. "But there are still other police agencies that are doing better than us. We felt it was important to learn from their successes and see what we can do even better here."

Walker said sexual assault investigations should only be classified as unfounded when investigators find that no assault happened, or was attempted and that no other criminal offence went down at the reported time and place.

Committee members include a staff member from Alberta Status of Women ministry and Dr. Sarah MacDonald, Forensic Psychologist Sheldon Kennedy Child Advocacy Centre.

LEGISLATION

Part of impaired driving law cut

Alberta's highest court has struck down a section of the province's Traffic Safety Act that allows authorities to suspend the licences of suspected drunk drivers until their cases are resolved in court.

The Alberta Court of Appeal says taking away the licences of drivers who haven't been found guilty violates their charter rights.

The court said in a split ruling released Thursday that the law as it stands imposes sanctions as soon as a criminal charge is laid "without regard to the presumption of innocence."

Lawyer Nate Whitling had argued in an appeal filed by four individuals that a driver waiting to be tried on impaired driving charges has to do without a licence for many months because of a backlog in the courts.

"It's going to last eight, nine, 10 months while you wait for your trial date," he said after the decision.

"That pressures an accused person to plead guilty even if they're innocent. And the Court of Appeal was particularly concerned about that aspect of the law."

Whitling pointed to Alberta's own data to help make his case.

THE CANADIAN PRESS

> **That pressures an accused person to plead guilty even if they're innocent.**
> Nate Whitling

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Man guilty in partner's death

MANSLAUGHTER

Allan Shyback strangled Lisa Mitchell after fight with knife

Lucie Edwardson
Metro | Calgary

A man accused of second-degree murder in the strangulation death of his common-law wife was found guilty Thursday of the lesser offence of manslaughter.

Allan Shyback, 40, was charged with second-degree murder and improperly interfering with human remains in the 2012 strangulation death of his common-law wife Lisa Mitchell — whose body he subsequently hid in a plastic container entombed in cement in the basement of their home.

Justice Rosemary Nation read her decision in court Thursday and found Shyback guilty of improperly interfering with human remains, but not of second-degree murder, instead, finding him guilty of the lesser offence of manslaughter.

Lisa Mitchell's family, Sarah Mitchell (sister in-law), Peggy Mitchell (mother) and Ryan Mitchell (brother). They say they're happy with the decision and can begin to move forward with life..
LUCIE EDWARDSON / METROS

The victim's mother, Peggy Mitchell said she's glad it's over, and although disappointed it wasn't a second-degree murder conviction, she thinks the judge made the right decision based on the evidence.

"I was satisfied with the decision and that was the best we could hope for. We're just glad it's over and Lisa can be at peace."

Peggy said what bothers her the most is Shyback's efforts to cover it up.

"The lying he did for two years, especially to the children — that to me is unacceptable. He should get life just for that," she said, adding that the kids who now live with her are "awesome" and thriving.

During the trial Shyback testified that he'd choked Mitchell in self-defence after she lunged at him with a knife. He said he then acted in a panic when he hid her body for fear of not being believed and that his children might be taken away.

A "Mr. Big" sting operation was launched in 2013, in which Shyback was befriended by a number of undercover police officers, and ultimately resulted in his 2014 confession and arrest.

Nation said Shyback's self-defence argument failed. She said Shyback's use of force was reasonable until the couple fell the ground and Mitchell became "clearly overpowered," no longer had a knife in her hand and Shyback continued "using force that was more than necessary."

Further, Nation said Shyback's reaction to the offence was "detailed and calculated," and said his continued cover-up of the offence was "not all taken in panic."

Nation will sentence Shyback on Sept. 20. Victim impact statements will also be heard on that day.

NDP

Loan speeds orphan well cleanup

Alberta's NDP government is trying to speed up the cleanup of old, orphaned oil and gas wells with a $235-million loan.

The province announced legislation Thursday that will allow it to lend the money to the Orphan Well Association.

The industry-funded, not-for-profit group manages the shutting and cleanup of oil and gas sites where there is no longer anyone legally responsible for those tasks, often because a company goes bust.

"The number of orphaned wells in Alberta is a growing problem that has been made much worse by the collapse in oil prices," Alberta Premier Rachel Notley said at a rural property north of Calgary.

A well was first drilled on the land just outside Carstairs, Alta., in 1980 and passed through the hands of 10 different owners over the years. It was orphaned in October 2015. A storage tank and pumpjack remain even though nothing is produced.

Notley said $30 million earmarked in the federal budget will cover the interest costs of its loan. THE CANADIAN PRESS

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DEVELOPMENT REPORT CARD

Calgary prepares for the new economy

Aaron Chatha
Metro | Calgary

For Calgary Economic Development, 2016 and 2017 have been about laying the groundwork for the new economy.

CED put out their annual report, covering their successes and shortfalls from last year.

"We were late out of the gate in 2016," said CEO Mary Moran. "Although we had a pretty successful year, there are still some areas we need to tweak."

One of those tweaks is supporting a healthy innovation ecosystem. It's the reason CED recently acquired Startup Calgary. She said huge companies won't occupy the city's swathes of office space — most job creation will come from many smaller organizations.

37
Number of companies CED convinced to come to Calgary

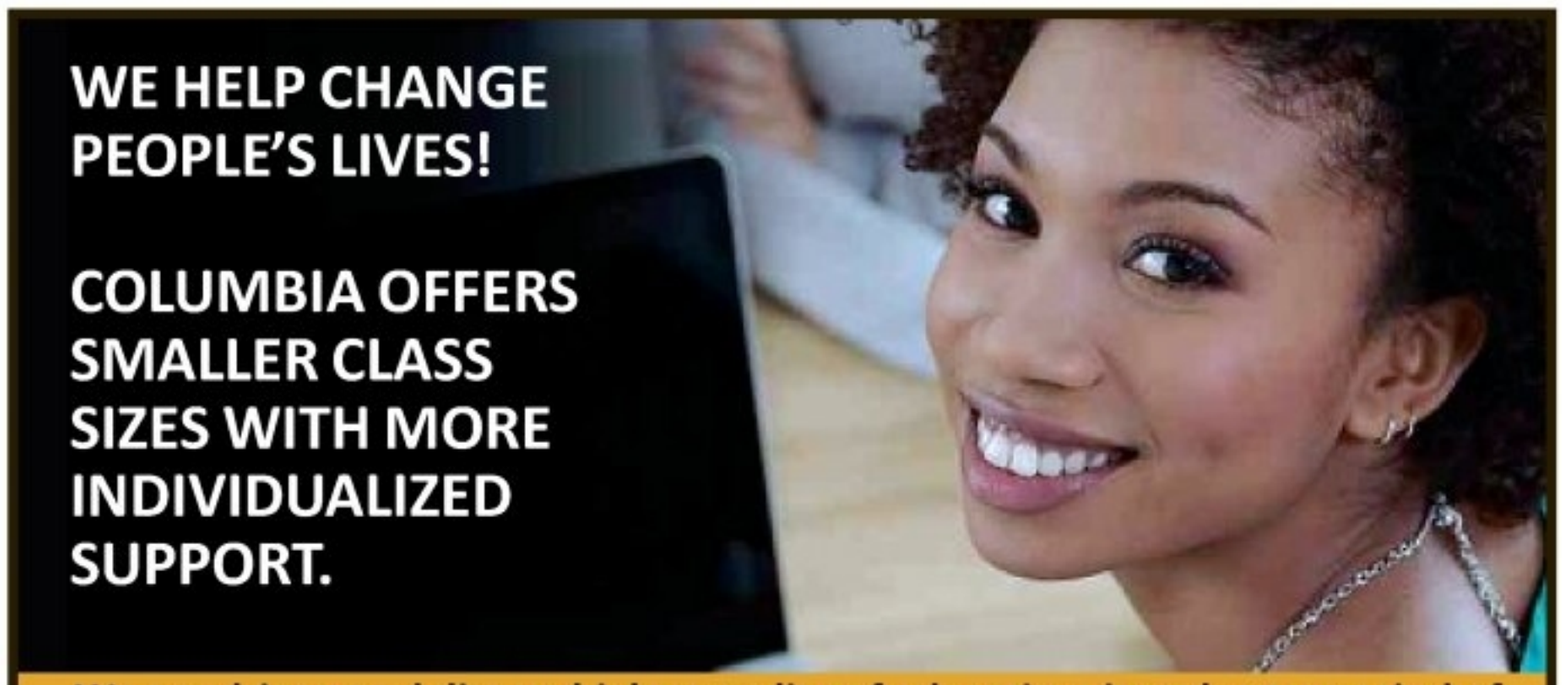
It helps that people were still moving to Calgary during the recession, and many have remained — so the work is in creating new opportunities for them.

One of CED's biggest shortfalls was in trade investment deals. The company had a goal of supporting 13 deals last year, but only one came to fruition.

"We as an organization are trying to get better as being a go-to for people that are looking for trade," Moran said. "What we have to do is work with companies to make sure they're export ready."

On the other hand, CED has been very successful in convincing companies to move into Calgary — they beat their goal of 31 by winning over 37 companies.

It's having an effect on the rest of the country, too — according to the report, Canadians with a favourable impression of Calgary jumped from 70 per cent to 75 per cent.



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CPA president Les Kaminski said he was disconcerted by the use-of-force review for a number of reasons. JENNIFER FREISEN/METRO

Dispute over use of force

POLICE

Review into the matter causing rift between CPC and CPA

Lucie Edwardson
Metro | Calgary

The Calgary Police Association (CPA) and Calgary Police Commission (CPC) are clashing over a use of force review initiated by the Calgary Police Service's Chief of police.

On Wednesday, Chief Roger Chaffin announced an independent use-of-force review, headed by retired Chief Justice Neil Wittmann, and will look at policies, procedures, training, equipment and overall culture within the force in relation to the use of lethal force in policing.

In 2016, there were 10 police involved shootings in Calgary, five of which were fatal.

In a letter to CPA members, president, Les Kaminski said he finds the review "disconcerting" considering current hiring freezes on all support staff. He questioned if the review is the best use of the force's budget and expressed concerns over the Chief's decision to "abdicate" his responsibilities to a judge.

> **We cannot and should notput a price tag on officer and public safety.**
> CPC chair Brian Thiessen

In response to Kaminski's statement, CPC chair Brian Thiessen said he was "disappointed" and that safety of the public, police and suspect is of fundamental importance to Calgarians and that he believes it's "inappropriate and inaccurate" to connect the budget for the review to salary and staffing levels.

"We cannot, and should not, put a price tag on officer and public safety," he said.

Kaminski told Metro the CPA isn't opposed to a review, but believes there are people within the CPS who have the expertise, and could conduct a thorough ongoing internal review without external help.

Thiessen said he'd hoped the objectivity and value of having Wittmann conduct the review was something they could all agree on.

Kaminski said as the CPA represents more than 2,000 CPS members, he believes the CPA should have been asked for input on this decision.

Metro reached out directly to the Calgary Police Service for comment. They said they will not be commenting on the letter and stand by what they said Wednesday.

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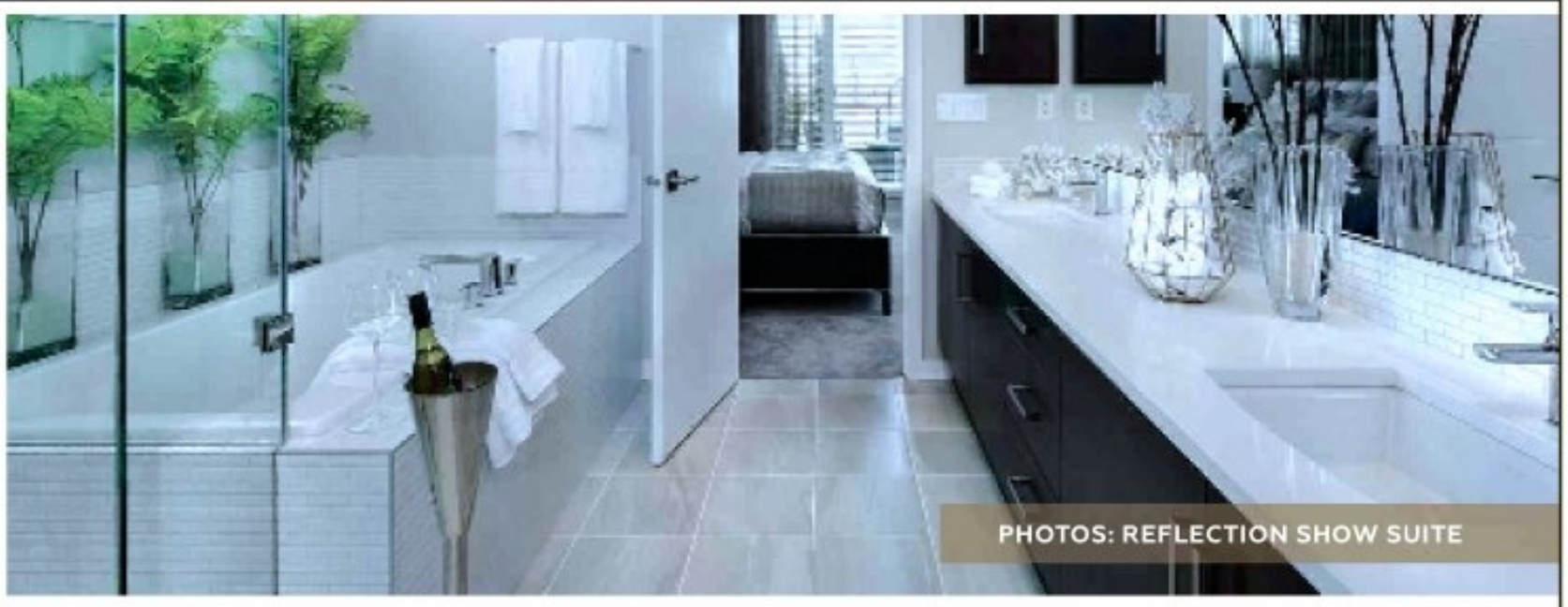
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Merger throws off experts

POLITICS

Move to unite the right officially goes forward

Helen Pike
Metro | Calgary

There's more to a party than its name, and as the Progressive Conservatives officially moved to merge with the Wildrose Party, there are more questions than answers about what this may do to the province's political fabric.

For Alberta Party Leader Greg Clark, this isn't a unity — it's a hostile takeover.

"It's no longer the party of Peter Lougheed, it's the kind of thing Peter Lougheed fought against," said Clark. "Albertans reject polarized politics, they want a government that will look out for their neighbour and balance a budget … and enthusiastically defend minority rights."

He said in the months leading up to this inevitable announcement, his caucus has seen interest in his centrist party spike.

Mount Royal University political scientist Lori Williams said Clark's assessment isn't an uncommon one. Although merging the parties may be great in changing the province's political landscape, it may leave some voters behind.

"There could be a new social conservative party that emerges out of this, it's a distinct possibility," Williams said. "There are many people who are loyal to the Progressive Conservative party and some of its principles … they're not happy with this at all."

But right now there are more questions than answers: Who will the leader be? Which members will stay?

What's not clear, according to Williams, is where the public will coalesce, and if they will merge on common ground at all. She said in the coming months it will become clear what kind of party a unified conservative front will be.

"We might see people drawing into the party, people leaving," she said.

Warren Mitchell, who served as former Premier Alison Redford's social media manager, said he's not going to wait for the answers; he's ready to get involved in the unity. "Some people call it a Frankenparty, but all parties are a collection of different interests stitched and stapled together," Mitchell said. "I'll get involved and try to steer them my way. If all the red Tories just stand on the sidelines waiting for the outcome then they've kind of ensured it's not reflective of them. It's a fresh start that does away with two very toxic parties."

METRO ASKS

JENNIFER FRIESEN METRO

What do you think of the merger?

I think that the PC party got away with some erroneous spending over the years so I'm happy to see a return to conservative roots and get it back into one party. So hopefully the Wildrose can lead the way. Sean Connors

This is the craziest thing that happened in Alberta since the NDP won. It's interesting, I'm excited to see how it plays out. I can't wait until the next election. Tomiwa Oje

It's horrible and I think it's quite possible that it's going to create a monolithic party that will now capture the entire right-wing vote. I hope that the NDP can somehow show people how much better their way is. Scott L.

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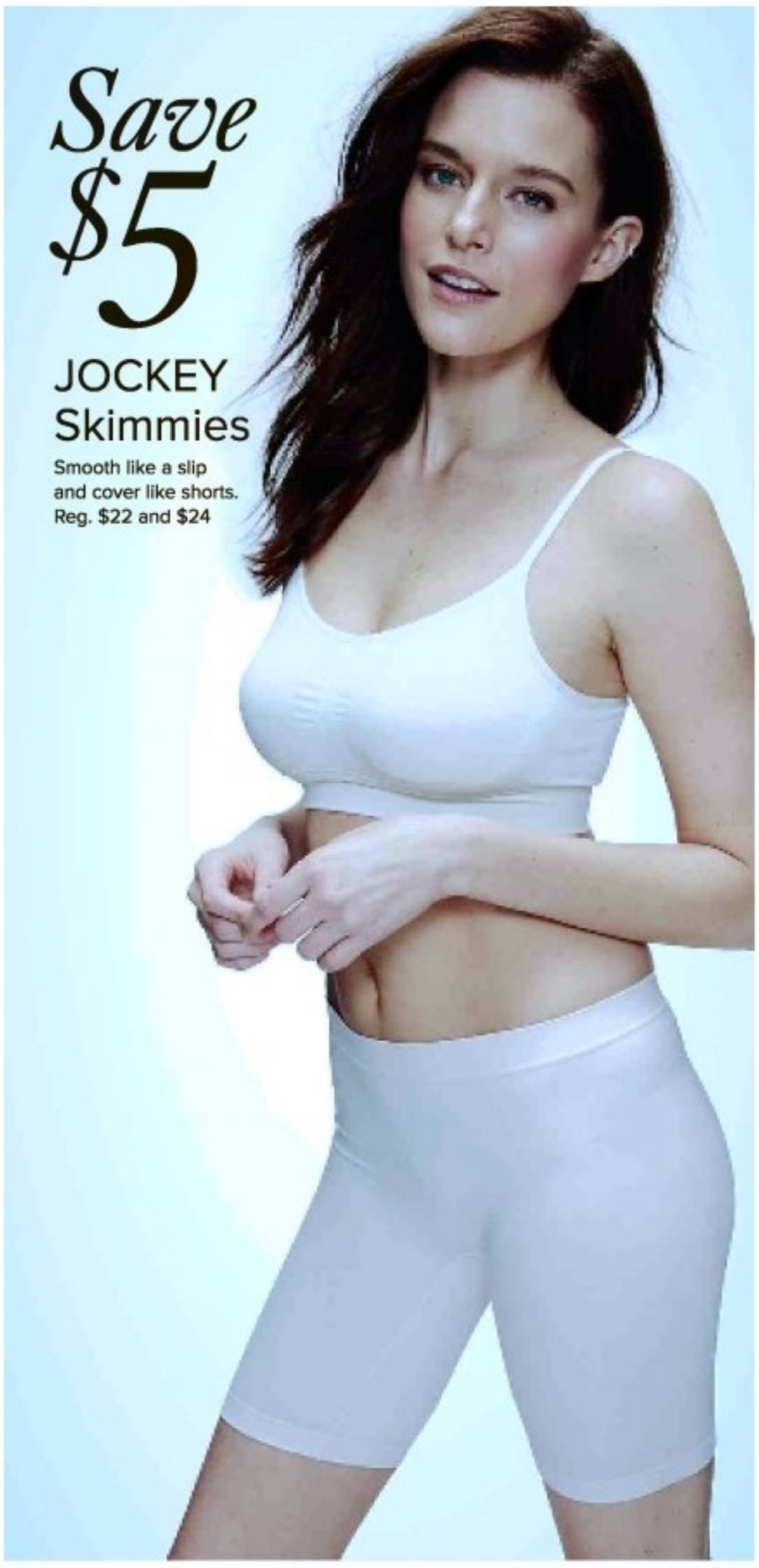

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Swapping for your solemate

EVENT

Sneaker heads jump up for annual Calgary Sneaker Swap

Aaron Chatha
Metro | Calgary

Adam Keresztes doesn't toe the line with sneaker love – he's a full on sneaker junkie.

As one of the organizers of the annual Calgary Sneaker Swap, he can wear a different shoe each day for about four months before having to repeat a look.

The sneaker monster first wrapped its laces around Keresztes in junior high, when he needed a pair of kicks to play on the school basketball team.

"I remember going to Champs and seeing some good ones," he recalled. "Always Jordans. I asked my mom, and her answer was always no. $150, $200 – are you crazy?"

Keresztes eventually got a job at Footlocker, where he bought his first pair – the Jordan 19s. Fifteen years later, and he's still collecting.

Adam Keresztes kicks back with his favourite pair of sneakers, the Jordan 11 low-top white with patent red. JENNIFER FRIESEN/FOR METRO

"For me, I really like the technology meets art meets functionality," he explained. "The colour patterns, the fabric patterns they use, the different technologies to improve an athletes performance – it's all really important to me."

Others collect sneakers for different reasons. Some look at purely the fashion aspect, and others look at the resale market. We're talking about those rare, line-up-hours-in advance-style shoes.

The current hot sellers are the Adidas Yeezy shoes. The shoe can be bought resale for about $300, but can be resold on the secondary market for nearly $1,000.

However, for one lucky visitor to the Sneaker Swap, the organizers are giving away a pair of Adidas Yeezy 350 v2 Oreo shoes through a raffle.

Sneaker Swap 3

Sneaker Swap, now in its third year, is like a market specifically for cool shoes.

On one hand there are vendors around, some businesses and some individual collectors, who are selling, buying and showing off their wares.

Then, there's the pit.

In the pit, people hold their kicks high in the air, and look to chat and make trades.

If you're brand new to the sneaker world, but interested, don't step back from the event.

"When I started collected shoes, there were guys older than me who taught me a lot about it," Keresztes said. "So now, I'm that older guy and we get guys coming into the events, and I love talking to them about the history of sneakers, how I got into it, how I've grown my collection."

Sneaker Swap 3 takes place May 27.

For more information, visit www.sneakersyyc.com.

POLICE

Warrants out for two men

Calgary police are looking for two men wanted on warrants for breaching conditions.

Dean Patrick Gallant, 42, of Calgary is wanted on warrants for three counts of breaching probation. He is 5'7" tall with a heavy build, brown eyes and hazel eyes. He has tattoos on his neck and left arm.

Phillip James Hendricks Sutherland-Miller, 43, of Calgary, is wanted on a warrant for being unlawfully at large.

He is approximately 5'7" tall, with a medium to heavy build, brown eyes, black hair and possibly a shaved head. He has a scar on his left forearm.

METRO

CALL POLICE

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TEACHERS

ATA president confident in voter turnout

Lucie Edwardson
Metro | Calgary

Despite having roughly one third of Alberta teachers vote in favour of a two-year agreement with no pay raises but money to improve classroom conditions, the Alberta Teacher's Association (ATA) said they're satisfied with the representative sample.

On Monday the ATA said 78 per cent of teachers voted in favour of accepting the deal, which came after months of negotiations. The agreement also includes a $75 million Classroom Improvement Fund that will distribute funds according to locally established priorities.

Mark Ramsankar, president of the ATA, said although only 13,000 of the 40,000 members voted, he thinks the voters do represent Alberta teachers' thoughts. "Albertans generally don't show up for any kind of vote in large numbers—provincially, federally or locally — and Alberta teachers are Albertans," he said. "I think this representative sample speaks loud and clear for teachers across the province."

Ramsankar said more important is what they voted for.

"Teachers are saying that they want time to be able to work with Alberta children, and we were seeing that in areas of the province there were no parameters on working conditions," he said. "It's a starting point for the roughly 20,000 teachers who didn't have working conditions or time clauses — this is a big step forward."

He said once the agreement comes into effect there will be actual definitions of what is work and what is not.

If approved, local bargaining will begin and the agreement will be incorporated into the 61 collective agreements between the association and individual school boards. If it's not approved, both sides will go into mediation.

WITH FILE FROM THE CANADIAN PRESS

Dan Park, general manager of UberEATS. CONTRIBUTED

Delivery showdown

APP

Food services go head to head with launch of UberEATS

Helen Pike
Metro | Calgary

Hungry for Thai, gelato, burgers and fries but can't be bothered to dress up for the occasion?

Well, now you have options.

On Wednesday, UberEATS launched officially in Calgary with 70 restaurant partners delivering in the downtown core. With a swipe and a click, users can now seek out their favourite restaurants and eat food at home in style.

"This is Day Two, so downtown is where we've started," said UberEATS general manager Dan Park. "We're looking to expand our reach as far as possible."

Although they don't service the suburbs yet, Park is confident they can deliver a super fast and reliable service with their big driver network. Once established, he said they aim to cut delivery time down to 15 minutes, giving restaurants about 20 minutes to prep your dish.

But Uber Eats isn't the only sheriff in town. SkipTheDishes launched in Calgary more than three years ago. And co-founder Andrew Chau welcomes the competition.

"We've been growing faster than ever," Chau said. "It's good that Calgarians now have more choice when it comes to food delivery. It just validates what we're doing."

Chau added that they're not into comparing themselves to other delivery networks. But when it comes to setting themselves apart they can say that 30 per cent of their restaurants have signed on to offer free delivery.

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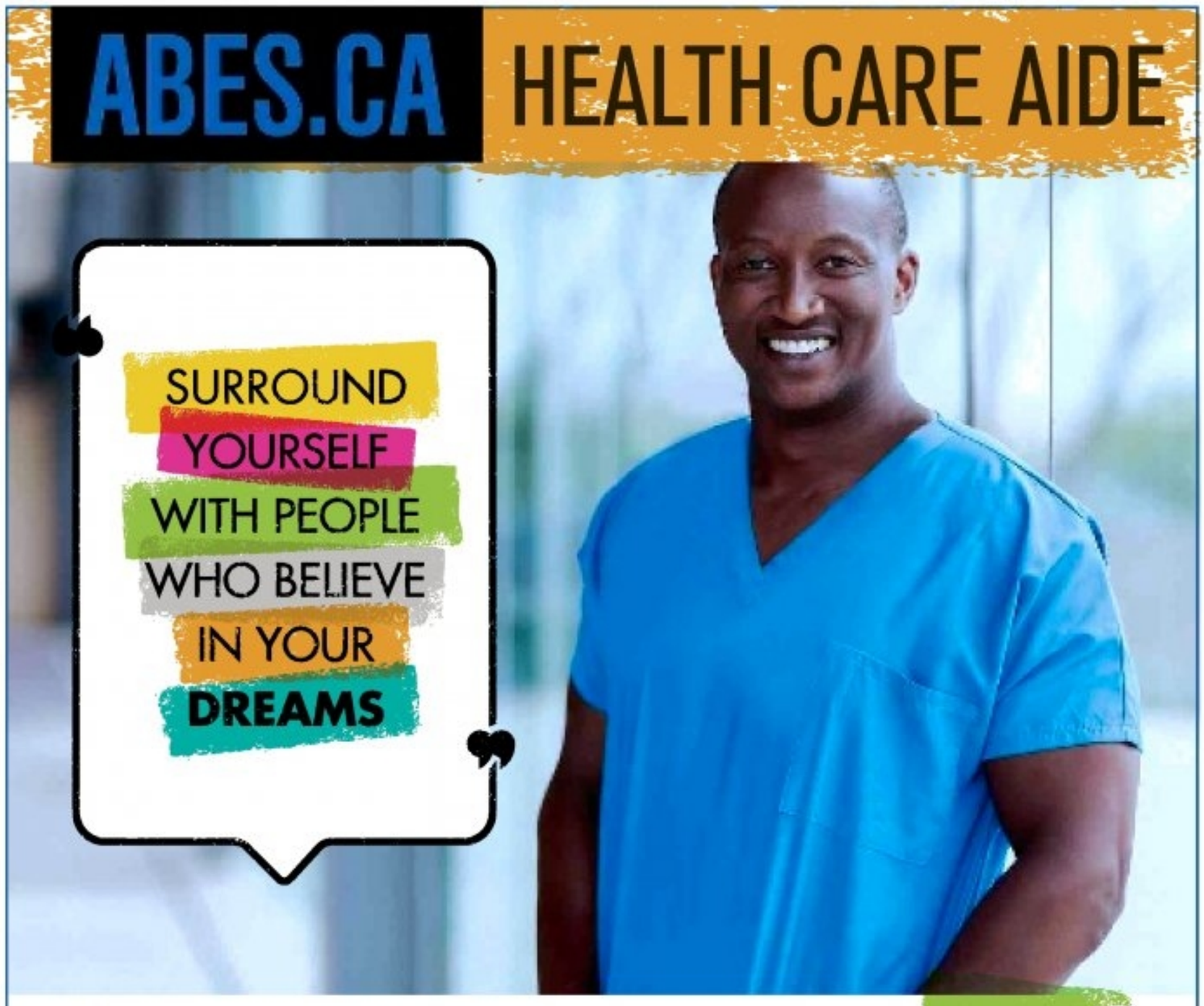

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(1) As ranked by PC Mag. Reprinted from www.pcmag.com with permission. © 2016 Ziff Davis, LLC. All Rights Reserved. (2) City comparison speeds based on Ookla's analysis of Speedtest Intelligence data from January 1 to March 31, 2017.

Aesthetics Today

Skinpossible

Sometimes diet and exercise isn't enough

Roberta Segar

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McHale brings his standup to Calgary

SCENE YYC

Community star to appear June 2 and 3 at the Laugh Shop

Aaron Chatha
Metro | Calgary

From The Soup and Community, comedian Joel McHale stops by the Laugh Shop on June 2 and 3.

For more information, visit www.thelaughshopcalgary.com.

Joel McHale recently hosted the Webby awards. GETTY IMAGES

You've hosted The Soup, the Webbys, you've presented at the Emmys — what's the trick to really capture an audience on that level?

Yeah, from what I've learned over the years — and hopefully gotten better at – as a host … you have to keep the ball in the air. You have to be a host in every sense of the word. You have to take care of these people and give them a sense that you're in control of the show and they will be entertained.

You have to be funny, hopefully. If you have a sh—y monologue to open up a show you're hosting, you're in trouble. You might be able to win them back, but if you don't come out of the gate giving them a sense of confidence, then, yeah, you're not going to get them back.

What or who do you find funny these days?

I watch a lot of kids' shows with my kids, they're 12 and nine, and they still watch Clarence and Gumball. They're kind of getting old for that, but they know how funny it is, and I know how funny it is, and we watch a lot of it. I watch it, and I think, 'this is f—g great. It's so funny, the timing of it is inspiring. This is the future.'

So there's that.

I love Bob's Burgers. There's a real sweetness and absolute hilarity to that show.

I love the Eric Andre show. Obviously, I hope it has international, wide appeal, but the guy makes me laugh out loud.

For people who have seen you on The Soup or Community, what can they expect from your live show?

Well, you're gonna see a big white guy on stage, telling jokes. I'll probably be wearing a sweatshirt and jeans, maybe some boots.

Umm, I do a lot of Canada stuff actually. There's a big chunk about Canada. I'm half Canadian, so I've always felt akin to Canadians.

I talk a lot of American culture and Canadian culture. I can't not talk about Trump because it's the only thing in the world people seem to talk about.

Weekend events

Friday – Raiders of the Lost Ark

Indiana Jones swings onto the screen in style, with a John Williams' epic score presented in all its glory by the Calgary Philharmonic Orchestra. The first film in the trilogy introduces us to the titular hero, and is part of the CPO's special series. There is a showing on Friday and Saturday. For more information, visit calgaryphil.com.

Saturday – The Drowning Girls

Vertigo Theatre, Calgary's only murder mystery theatre, presents its final production in the 2016/17 season. Bessie, Alice and Margaret all loved the same man — key word loved. All three of them are dead, and evidence is gathered of the events that led up to their murders. For more information, visit vertigotheatre.com.

Saturday – Heritage Park Opens

Calgary's Heritage Park fully opens for the summer season on the May long weekend. The historical village features rides at the antique midway, along with trains, boats and wagons. There's as much learning as there is fun. The village will remain open until Oct. 10. For more information, visit heritagepark.ca.

Sunday – Kensington Sinfonia

The Sinfonia's next concert is all about storytelling and different characters. Brought to life will be Telemann's The Nations Suite, Purcell's Chaconne from King Arthur and Antheil's Serenade for Strings. The concert starts at 3 p.m. at Hope Lutheran Church. For more information, visit kensingtonsinfonia.ca.

CANADIANS LIVING WITH CROHN'S OR COLITIS NEED MORE OPTIONS

DESPITE ADVANCES IN INFLAMMATORY BOWEL DISEASE RESEARCH, TREATMENTS FOR PATIENTS REMAIN LIMITED

Sandra Zelinsky has spent the last 24 years trying to stay at least one step ahead of inflammatory bowel disease (IBD). In that time, she's been on several medications, undergone several surgeries, and rode the ups and downs of living with a chronic disease that has a way of throwing new problems at you.

"A few of the medications have worked amazingly but most of them were unsuccessful. My disease state constantly evolves, and as it changes, so do my medical needs," says Zelinsky.

Crohn's disease and ulcerative colitis, the two main forms of inflammatory bowel disease, cause the body to attack itself, leading to inflammation of the gastrointestinal tract. Because of that inflammation, people with IBD are left to face abdominal pain, cramps, bloating, fatigue, frequent and urgent bowel movements, internal bleeding, and unintended weight loss.

"In spite of the symptoms, people with IBD often look 'normal' on the outside," says Mina Mawani, President and CEO of Crohn's and Colitis Canada. "Canada in particular has some of the highest rates of inflammatory bowel disease in the world, and approximately 250,000 people across the country are living with Crohn's or colitis. You may know someone with the disease and not even know it."

There is no cure for Crohn's or colitis, but treatments can put the disease into remission, and patients can experience a reduction in their symptoms.

"Being in remission means we can live active, productive lives, and we can stay out of emergency rooms and avoid further surgeries," says Zelinsky, who now works as a patient engagement researcher, and who advocates for patient-centred care.

"Every case of IBD is unique, and each patient responds differently to different courses of treatment. To achieve remission, a patient may have to try multiple treatments before finding one that works for him or her. Each unsuccessful attempt means there's one less option available from an already limited number of treatments, and a treatment that works well for someone today could stop working tomorrow," says Mawani.

Having more and new options to choose from is integral to maintaining hope for continued remission. This is vital for people living with chronic diseases such as Crohn's and colitis.

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crohnsandcolitis.ca

#JustGirlyThings explores the experience of a young woman navigating the digital age — with dance. COURTESY CITRUS PHOTOGRAPHY

Ignite! Festival burns with talent

SCENE YYC

Annual theatre event shows off experimental, emerging artists

Aaron Chatha
Metro | Calgary

Once again, the organizers behind the Ignite! Festival are lighting a fire under Calgary's theatre scene.

The annual showcase of emerging artists features some of the most experimental features you'll see all year — through combining theatre styles, changing up locations or tackling tough subject matter. Organizer Charles Netto ran Metro through a few highlights.

Body So Fluorescent

Stunning revelations abound as two friends retrace their steps to find the cause of an explosive fight the night before.

"It's asking some tough questions in a really theatrical, fun way, about blackness, otherness, relational oppression, but through the lens of two friends after a crazy night at the club," Netto explained.

A Millennial's Guide to Dating

Using stylized theatre conventions like mask, or the old 1950s educational video format, performers tell comical, modern dating stories.

#JustGirlyThings

Double billed with A Millennial's Guide, this show looks at the experience of a young woman navigating the digital age. The story is told through a dance theatre collaboration.

Functional

This show is actually held in a boardroom, and is limited to 10 audience members and one actor.

"They're going to get really close and personal," Netto said.

Functional explores the reality of those who need support but never ask for it.

And that's just the shows.

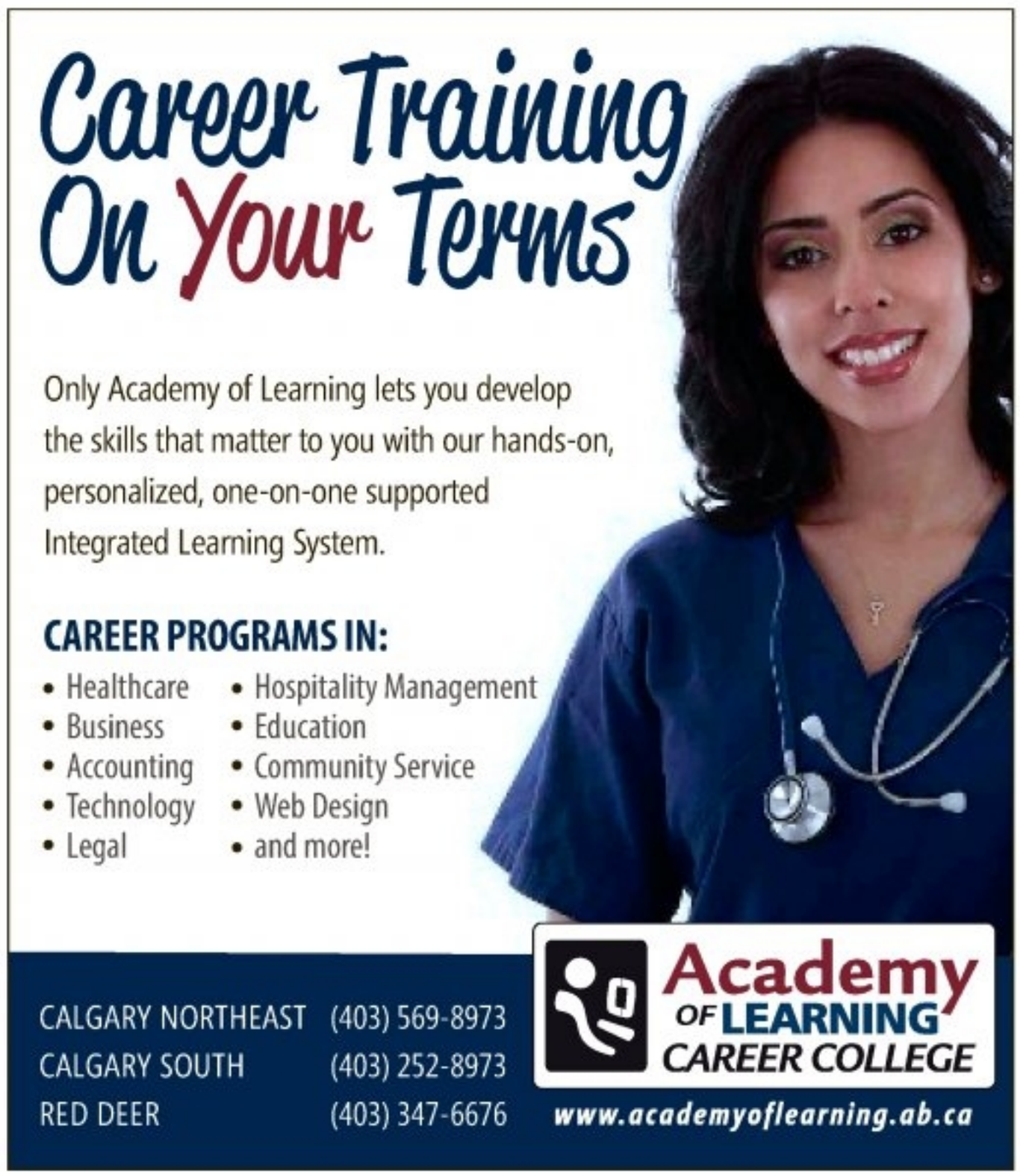
There are also outdoor, site-specific art shows, an emerging animators showcase and a special Ignite! Club, which will feature poetry, theatre, performance art, video and more.

"It's really a chance for emerging artists to meet their peers and have fun," Netto said. "There's an exciting buzz of artists on the cusp of stepping into the professional community.

"It's one of the only festivals in Canada to provide the resources that it does to emerging artists. I think it's a stepping stone for folks who have some training, have some ideas, but don't yet have the experience in a professional setting."

Ignite! takes place June 6 to 10. For more information, visit www.sagetheatre.com.

> "It's really a chance for emerging artists to meet their peers."
> Charles Netto



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Minister of Foreign Affairs Chrystia Freeland talks to reporters about NAFTA outside the House of Commons on Thursday. THE CANADIAN PRESS

Clock ticking on NAFTA negotiations

TRADE

Talks to start as soon as possible, officials say

Canada says it's ready to talk now that U.S. President Donald Trump has formally launched the process to renegotiate the North American Free Trade Agreement.

Foreign Affairs Minister Chrystia Freeland said Thursday that Ottawa has already decided that updating the environment and labour sections of the trade pact will be two areas of focus going into the negotiations.

"I'm not going to lay all my cards on the table now. I don't think Canadians would like us to do that," Freeland said.

She noted that in letters to Congress to trigger the process for renegotiation, U.S. Trade Representative Robert Lighthizer also flagged those two areas, among others.

Lighthizer's notice to Congress Thursday set the clock ticking on the start of negotiations, saying they would begin as soon as possible but no later than 90 days.

In the letter, Lighthizer — who gave Canada advance notice of the move, according to Freeland — said that elements of the 25-year-old deal are "outdated" and "do not reflect modern standards."

> **We are ready to roll up our sleeves — we have been from day one.**
> Chrystia Freeland

Lighthizer's letter set out some elements of the trade deal that the U.S. would like to see modernized, including intellectual property rights and regulatory practices.

Freeland said that Ottawa has a similar view and she tried to paint the renegotiation of the sweeping trade agreement as "routine."

The foreign affairs minister said the formal triggering of NAFTA talks has "long been anticipated" and said the federal government has already started to consult with Canadian stakeholders about Ottawa's priorities going into the talks.

Freeland declined to speculate about Washington's ambition to complete negotiations by the end of the year, saying any talk of timelines was "premature."

"What I will say is we are ready to roll up our sleeves — we have been from day one — and we will work hard and seriously on updating this essential agreement. At the end of the day, our objective is going to be to negotiate a great deal for Canadians, and I'm very confident we can do that," she said.

Lighthizer said that the United States seeks to support higher-paying jobs in the United States and to grow the U.S. economy by improving U.S. opportunities under NAFTA.

TORSTAR NEWS SERVICE

MANITOBA

Frostbitten asylum seeker who lost fingers given refugee status

Five months after nearly freezing to death on a treacherous walk across the Canada-U.S. border, and still learning to get along without the 10 fingers and thumbs he lost to frostbite, Seidu Mohammed is happy.

He gets to stay in Canada.

The Immigration and Refugee Board has granted Mohammed refugee status on the basis that the 24-year-old bisexual professional soccer player from Ghana would face persecution if returned to his home country.

"I feel so happy. I feel now that this country is my home now," he said Thursday, sitting at the kitchen table in his home.

With a bit of effort, he opened a binder and produced the written decision from the Immigration and Refugee Board.

"I want to do anything possible to contribute to this country because this country has done a lot to me that I didn't expect. Ever since I came here, I've seen a lot of good people who give me courage and also support me." THE CANADIAN PRESS

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UN appeals for children's aid

Brothers Alejandro, 3, and Mateo, 5, and their family fled Honduras after a local gang threatened their lives. UNHCR

REFUGEES

Campaign helps unaccompanied kids from Central America

With the number of unaccompanied and separated children fleeing gang violence in Central America doubling every year since 2011, the United Nations is launching a campaign to address the "urgent-yet-silent crisis."

The UN Refugee Agency will kick off the "Children on the Run" campaign in North America on Friday to raise $18 million to assist the young refugees fleeing Guatemala, El Salvador and Honduras.

"We are very concerned about the forced recruitment of these children and youth into the gangs. These adolescents are sometimes killed, tortured and raped," said Jean-Nicolas Beuze, the agency's representative in Canada who is working on a pilot with Ottawa to resettle a small number of the vulnerable children.

"There is widespread violence and impunity. These are not economic migrants. They have no choice but to leave their own countries."

According to the UN, the number of refugees from the Northern Triangle countries in the last four years has increased to 146,000 in 2016 from 20,900 in 2012.

Beuze said young refugees, many as young as 10 to 12 years old, often fall into the nets of traffickers and are sexually assaulted and exploited by human smugglers en route to Mexico and the United States. Some are even sold into prostitution, he said.

Calling it a "neglected humanitarian crisis," Doctors Without Borders released a report this week that found half of the refugees it surveyed in Mexico had a relative killed due to violence in the last two years.

2/3

Two-thirds of the refugees entering Mexico reported being victims of violence during their transit toward the U.S.

One in 10 reported symptoms of post-traumatic stress disorder.

The UN Children on the Run campaign will focus on raising awareness of the growing number of children and families fleeing horrific violence in the three Central American countries through videos and stories on an information page on the crisis.

The money raised by donor countries and individuals will enable the UN Refugee Agency to shelter and protect the vulnerable, and facilitate family tracing, reunification and psychosocial support. So far, said Beuze, only eight per cent of the needed money has been raised.

Although Canada is buffered from the Central America crisis by Mexico and the U.S., Beuze said he has been in contact with Canadian officials to provide aid and launch a pilot project to resettle a small number of some of the most vulnerable young refugees to Canada.

Beuze would not provide details of the resettlement pilot, but said logistics had been discussed and he hoped it would be launched later this year.

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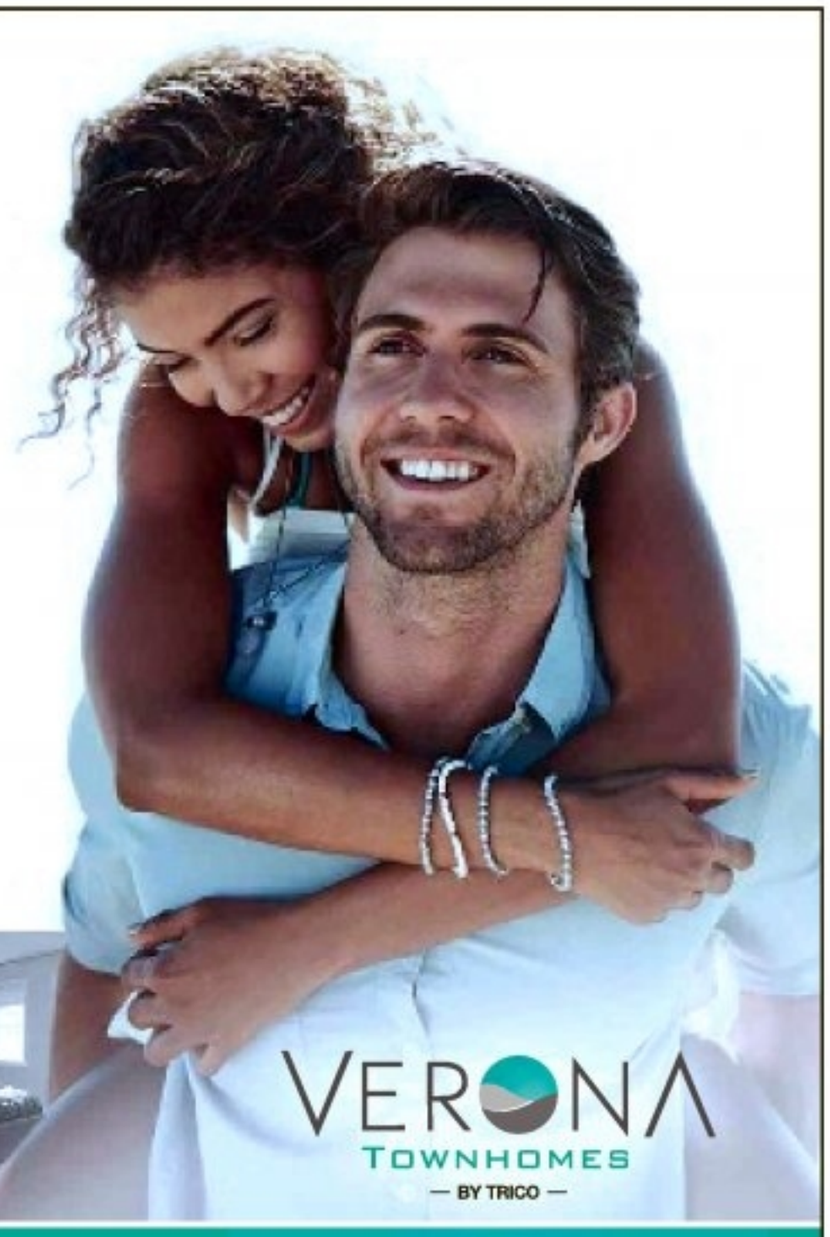

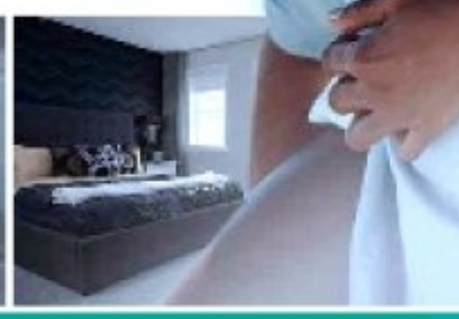

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U.S. President Donald Trump said he respected the special counsel appointment but also said it "hurts our country terribly." GETTY IMAGES

Trump decries 'witch hunt'

U.S. POLITICS

Special counsel appointed to probe campaign's Russian ties

Brimming with resentment, President Donald Trump fervently denied on Thursday that his campaign had collaborated with Russia or that he'd tried to kill an FBI probe of the issue, contending that "even my enemies" recognize his innocence and declaring himself the most unfairly hounded president in history.

Asked point-blank if he'd done anything that might merit prosecution or even impeachment, he said no and then added concerning the allegations and questions that have mounted as he nears the four-month mark of his presidency: "I think it's totally ridiculous. Everybody thinks so."

Not quite everybody. While Trump tweeted and voiced his indignation at the White House, Deputy Attorney General Rod Rosenstein, who appointed an independent special counsel to lead a heightened federal Trump-Russia investigation the day before, briefed the entire Senate behind closed doors at the Capitol. By several senators' accounts, he contradicted Trump's statements that Rosenstein's written criticism of FBI Director James Comey had been a factor in Comey's recent firing by the president.

Trump is leaving Friday for his first foreign trip, to the Mideast and beyond, and aides had hoped the disarray at home would have been calmed if not resolved, allowing the White House to refocus and move ahead. Republicans on Capitol Hill hoped the same, reasoning that the appointment of a special counsel could free them to work on a major tax overhaul and other matters without constant distractions.

Trump said he was about to name a replacement for Comey, another move to settle the waters. Former Connecticut Sen. Joe Lieberman was seen as the front-runner.

But calmness seemed far off.

Trump clearly knew what he wanted to say as he took a few questions at a news briefing with visiting Colombian President Juan Manuel Santos.

Did he urge Comey at a February meeting to drop his probe of the Russia connections of Trump's national security adviser, Michael Flynn?

"No. No. Next question."

Did he in fact collude with Russia in his campaign to defeat Democrat Hillary Clinton?

"Everybody, even my enemies, have said there is no collusion," he maintained. "The entire thing has been a witch hunt."

At the other end of Pennsylvania Avenue, Rosenstein was briefing the Senate about his decision to appoint former FBI Director Robert Mueller to lead the independent Trump-Russia probe.

Senators said that Rosenstein steered clear of specifics while making clear that Mueller has wide latitude to pursue the investigation wherever it leads, including potentially criminal charges. THE ASSOCIATED PRESS

ROGER AILES

Fox News founder dies after fall

Roger Ailes, the communications maestro who transformed television news and America's political conversation by creating and ruling Fox News Channel for two decades before being ousted last year for alleged sexual harassment, died Thursday, according to his wife, Elizabeth Ailes. He was 77.

Ailes died after a fall at his Palm Beach home on May 10 caused bleeding on the brain, the Palm Beach County Medical Examiner's Office said. Ailes fell in his bathroom, hit his head and was bleeding profusely. He was taken to a hospital by attending paramedics, the Palm Beach (Florida) Police Department said.

Ailes in 2001. ALEX WONG/ NEWSMAKERS

A former GOP operative to candidates including Richard Nixon, Ronald Reagan and George H.W. Bush and a one-time adviser to President Donald Trump, Ailes displayed a mastery of modern messaging early in his career. Then he changed the face of 24-hour news when, in 1996, he accepted a challenge from media titan Rupert Murdoch to build a news network from scratch to compete with CNN and other TV outlets they deemed left-leaning.

That October, Ailes flipped the switch on Fox News Channel, which within a few years became the audience leader in cable news. Ailes branded the network "Fair and Balanced" and declared he had left the political world behind, but conservative viewers found a home and lifted prime-time commentators Bill O'Reilly and Sean Hannity to the top of the news ratings. THE ASSOCIATED PRESS

metro SCIENCE

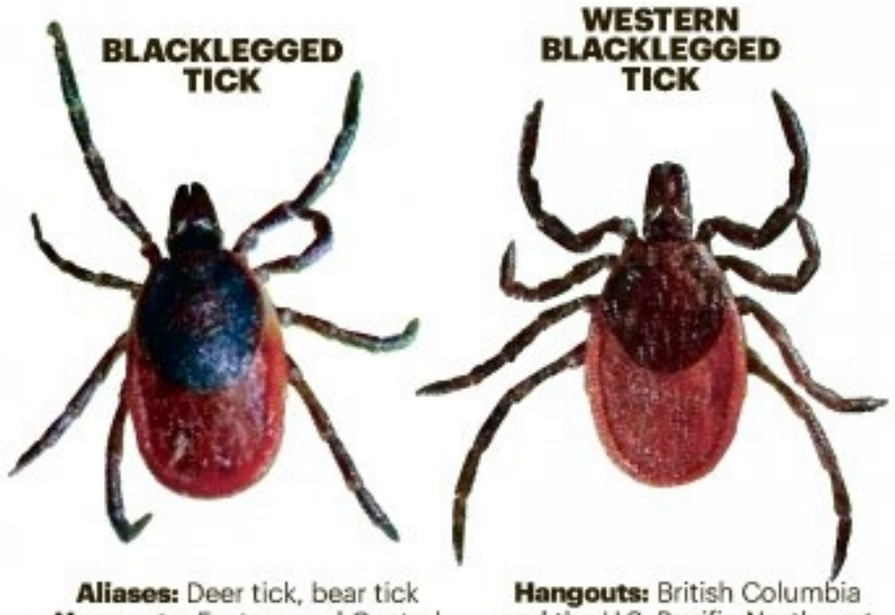
Your essential daily news

Why do people with high IQs also tend to be atheists? Both groups are good at questioning their own instincts, a new Dutch study says

DECODED by Genna Buck and Andrés Plana

UNWANTED
CANADA'S MOST

You can wear bug spray, long sleeves and even tuck your pants into your socks (cool!), but from now until fall, you or your pet could encounter ticks, and an even less welcome hitchhiker: Lyme disease. It spiked from 144 cases in 2009 to an estimated 841 in 2016. **And the warming climate means ticks are showing up in more places.**



Aliases: Deer tick, bear tick
Hangouts: Eastern and Central Canada
Crimes: Lyme disease, Deer Tick Virus Encephalitis, Babesiosis, many others

Hangouts: British Columbia and the U.S. Pacific Northwest
Crimes: Lyme disease, Human Granulocytic Anaplasmosis

THE ALBERTA EXCEPTION
Lyme is rare in Alberta, which is located in the sweet spot between blacklegged tick populations in Eastern and Western Canada. Just 34 ticks tested positive for the bacteria in the province in 2016.

WHAT LYME IS — AND ISN'T

IS: an illness caused by **Borrelia burgdorferi** bacteria

IS: treatable with antibiotics

IS: transmitted from birds and mammals to people via ticks

IS: usually spotted as a **"bulls-eye" rash** at the site of a tick bite

IS: a cause of fatigue, headache, chills, fever, muscle and joint pain, cardiac problems, facial paralysis and even meningitis

IS: a cause of painful arthritis and changes to personality, brain function and speech — if untreated

ISN'T: A chronic infection. Although symptoms can continue long after treatment, "chronic Lyme disease" is unproven. There's no benefit, but plenty of risks, to taking more antibiotics after the initial infection has cleared up.

SIZING UP TICKS

Ticks from the same species look different before and after eating and at different stages in the life cycle.

15mm **Adults (after feeding)** look large and swollen: You won't miss it.

3-5mm **Adults** burrow into skin, but you might not feel it because tick spit contains natural anesthetic.

2mm **Nymphs** are most likely to transmit Lyme. They're tiny and hard to spot.

1mm **Larvae** are miniscule baby ticks. They can harbour Lyme too.

NASTY NEIGHBOURS

These ticks aren't associated with Lyme, but can spread other infections

LONE STAR TICK : THE NEW TICK ON THE BLOCK This southern U.S. native is spreading to Canada as the climate warms. Its bite can induce a rare allergy to red meat.

AMERICAN DOG TICK
This plentiful tick hides out in grass, urban parks and trails in Central and Eastern Canada.

FINDINGS
Your week in science

FEDERAL FRAMEWORK
The government is set to release a framework for a national Lyme surveillance program this month along with guidelines and educational materials for health providers. The draft did not include references to the disputed "chronic Lyme disease," sparking protest from patient groups.

SOUND SMART

DEFINITION
Pedipalps are the two "arms" that spiders, scorpions and some crabs have on the front of their bodies.

USE IT IN A SENTENCE
There's a reason spiders make bad pop song writers. You try finding a rhyme for "I long to hold you in my **pedipalps**."

metro Your essential daily news

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metro WEEKEND

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL

Sci-fi thrillers are bursting back

The newly released Alien: Covenant is the latest of many film franchises to return to the big screen

Katherine Waterston joins a star-studded cast, including Michael Fassbender, Billy Crudup and Danny McBride for Alien: Covenant, in theatres now. CONTRIBUTED

Richard Crouse
For Metro Canada

That's a lot of facehugging and chestbursting.

Since the 1979 release of Alien, a film Roger Ebert called "an intergalactic haunted house thriller set inside a spaceship," audiences have been fascinated with the sci fi/horror series.

The latest movie sees a new crew — including Michael Fassbender, Katherine Waterston, Billy Crudup and Danny McBride — on a mission to colonize planet Origae-6. Along the way they abandon their original course, choosing a closer, apparently inhabitable planet only to be met with terror and acid-spewing creatures.

Covenant is the third Alien movie directed by Ridley Scott. I once asked him what it was that kept him casting his eyes to the skies movie wise.

"The fantasy of space," he said, "which is now also a reality, is a marvellous platform and a form of theatre. Honestly, almost anything goes."

The freedom of the sci fi genre is a common theme among creators. Denis Villeneuve, whose sequel to Ridley Scott's Blade Runner, now titled Blade Runner 2019, comes out later this year, remembers how his mind was opened by his first exposure to the genre.

"At a very young age one of my aunts came home one night and she had brought two or three big cardboard boxes filled with magazines," says Villeneuve.

"Those magazines were all about sci fi. Those boxes changed my life because the amount of poetry and creativity among the guys that were drawing those comic strips. They were very strong storytellers. They were all like mad scientists playing with our brains."

A month before Alien: Covenant's opening date Scott announced plans to start shooting another sequel within the next fourteen months.

Until that one hits theatres what other sci fi films should we have a look at?

Vincenzo Natali, the director of episodes of television's Westworld and Orphan Black and adventurous films like Cube and Splice has some suggestions.

"I could mention 2001, Star Wars and The Matrix, but we've all been there. I think there are some very worthy science fiction films that aren't so well known."

First on his list is Stalker, from master director Andrei Tarkovsky.

"It's about a zone in Russia that may have had some kind of alien visitation and is highly classified. There are very special people called stalkers who illegally enter the zone and can take you to a place where your wishes can come true. No other movie ever made is quite like it. It is one of the most beautiful films I've ever seen."

Next up is The 10th Victim, a futuristic Marcello Mastroianni movie about a deadly televised game called The Big Hunt which becomes a replacement for all conflict on Earth, but at what cost? "An Italian film made in the '60s but way ahead of its time," he says.

"It's a satirical comedy, absolutely brilliantly made, filled with cool futuristic Italian design and it's really funny. I cannot recommend it enough."

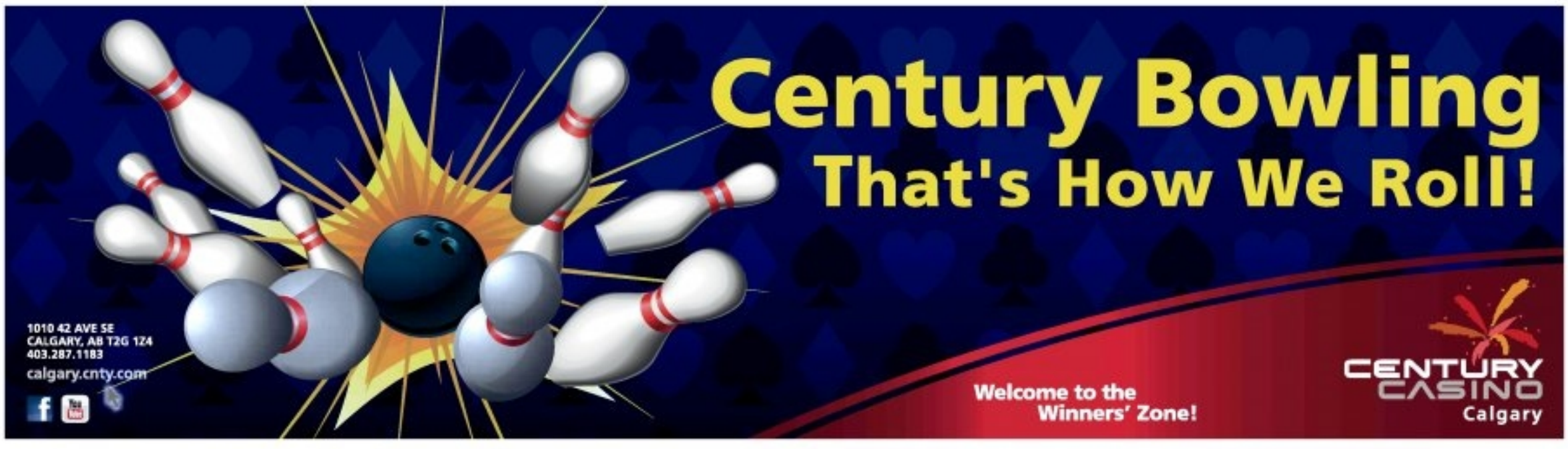
Third is the animated La Planète Sauvage.

"It takes place on a planet where humans are pets for a race of large aliens. It's a kind of a Spartacus story against the aliens. Totally outrageous and very, very '70s."

MOVIE RATINGS by Richard Crouse

Alien: Covenant	★★
Diary of a Wimpy Kid	★★★
Chuck	★★★
The Lovers	★★★
Tommy's Honour	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT



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Here's a primer on the new Alien film

SPOILER ALERT

Alien: Covenant is a sequel to 2012's Prometheus

How well do you remember Prometheus? Do the Engineers ring a bell? How about the synthetic, David? Do you know who survived?

If you're planning on checking out Alien: Covenant on May 19 you'll probably want a working knowledge of 2012's Prometheus. Ridley Scott's third foray into the Alien universe is a sequel to Prometheus and a bridge between that and the original Alien, from 1979, that continues exploring one question: Why would anyone make this monster?

If you can't fit in a Prometheus re-watch, here are a few reminders that may prove essential if you decide to spend a couple chilling hours with Alien: Covenant.

Beware, many Prometheus spoilers below.

Alien: Covenant's place in the timeline

Alien: Covenant is set between the events of Prometheus and Alien and is directly informed by the events of Prometheus, which took place only 10 years earlier. While a re-watch of Alien isn't crucial for Covenant, there are some interesting parallels that might be fun to have fresh in your mind.

What Was Prometheus about?

A megalomaniac billionaire, Peter Weyland (Guy Pearce), who created the android David (Michael Fassbender), funds an expensive mission to a distant moon to explore a theory posed by two scientists that humans were created by other beings. The scientists, Elizabeth Shaw (Noomi Rapace) and Charlie Holloway (Logan Marshall-Green), call them the Engineers.

They find what they're looking for (though most are long dead). Prometheus' crew soon discovers that while the Engineers may have created the human race, they also at some point "changed their minds" and became architects of destruction.

Wait, who are the Engineers?

Michael Fassbender portrays android David in Alien: Covenant. TWENTIETH CENTURY FOX

Giant, Adonis-like, milky-skinned and hairless beings who ostensibly created humans and then tried to kill them with a pathogen that causes various mutations. One Engineer is still living in Prometheus and David wakes him up.

The origin of the Alien (a.k.a. xenomorph)

Charlie ingests the pathogen (David slips the black, milky substance into his drink) and then gets intimate with Elizabeth Shaw, who, the next day gives birth to a trilobite, which is basically a giant Facehugger. It attacks the lone living Engineer, who then births a proto-Xenomorph. It's a variation of the "good old beast," as Scott calls it, who sprung out of John Hurt's chest and terrorized the Nostromo crew in Alien. You'll meet a new iteration, and some other creatures, in Covenant too.

Prometheus ending

This is a big one. The remaining Engineer on the planet attempts to take off in his cornucopia-shaped spacecraft, but is stopped when Idris Elba and his mates crash the Prometheus into his, killing everyone aboard.

On the ground, the only survivors are Elizabeth and David, who's been decapitated. David convinces Elizabeth to help him — he knows how to operate other ships on the planet and is her only chance for survival. But Elizabeth doesn't want to go back to Earth. She wants to find out where the Engineers are from. The last scene shows another spacecraft flying away, seemingly with Elizabeth and David on board.

The importance of David

Fassbender's David plays a key role in Alien: Covenant, and it's useful to remember that he, like the android Ash (Ian Holm) in Alien, helps trigger most of the disasters in Prometheus. He's outwardly disappointed to discover that the Engineers are mortal, and is much more interested in the pathogen and what it can create. Fassbender also plays another synthetic, Walter, who works on the Covenant.

THE ASSOCIATED PRESS

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These stories focus in on the human condition

A bit more about four movies opening this weekend

Certain Women

1 Starring Laura Dern, Michelle Williams. Opens Friday at TIFF Bell Lighbox. Written and directed by Kelly Reichardt. 107 minutes. PG. — Kelly Reichardt is not interested in big and flashy.

Life is rather like the train in the opening moments of Certain Women, encumbered with a heavy load but moving along at a measured pace, the occasional plaintive wail of the horn a sign that existence is a burden not easily borne.

Reichardt's storytelling is also rather minimalist. There's much unsaid and unarticulated in the stories of the three women in the film, whose lives touch the others only in the most tangential of ways.

Reichardt has assembled a wonderful cast, starting with Laura Dern as Laura, a brave and empathetic woman trying to do the right thing.

Michelle Williams as Gina is far more enigmatic, a woman determined to get what she wants but of such a calm demeanour that even a wry, little smile hints at bigger emotions kept well in check.

The most compelling of the three tales involves the unnamed rancher (Lily Gladstone), whose brief relationship with Elizabeth (Kristen Stewart) is awkward, sweet and heart-breaking.

The result is subtle, sublime and affecting.

The Lovers

2 Starring Debra Winger, Tracy Letts. Directed by Azazel Jacobs. Opens May 19. 94 minutes. 14A — The premise for The Lovers sounds like a rejected pilot-season sitcom: an unfaithfully married couple (Debra Winger and Tracy Letts) fall in love with ... what! Each other? Get me Katherine Heigl!

In execution the film doesn't turn the screws on its potential for hiding-in-the-bushes-style hijinks—in this marriage, even the circular lies are a well-tread rut. These doldrums are refracted through the couple's cookie-cutter housing development and cubicle-crowded offices. It's no surprise that "monotony is everywhere!" didn't make it as the film's tagline.

Instead, indie-darling director Azazel Jacobs has delivered a two-handed character study and, in this mission, he is handily assisted by his two powerful leads.

It's the legendary Winger who delivers the film's greatest thrills as she melts from stonehearted skeptic into hopeful romantic. Without their animating spark, the lightly sketched plot tells a bittersweet love story but, like the lovers themselves, suffers from a lack of passion.

Chuck

3 Starring Liev Schreiber, Ron Perlman. Directed by Phillippe Falardeau. Opens Friday at Cineplex Yonge-Dundas. 98 minutes. 14A. — Phillippe Falardeau is not the best known among the group of Quebecois filmmakers making a big splash in mainstream English language film. Denis Villeneuve and Jean-Marc Vallee are better known and have bigger film credits.

But Falardeau, who's 2011 film, Monsieur Lazhar, earned a well-deserved best foreign language Oscar nomination, is as good as any of them and his latest, Chuck, is the proof.

Based on a true story, the film follows New Jersey palooka Chuck Wepner, who finds himself, as the only white guy on the short list, in the unlikely position of fighting Muhammad Ali. (His nickname, the Bayonne Bleeder, is a source of considerable personal pain.)

Liev Schreiber is top-notch in the lead role in this funny, sad and warm cautionary tale.

The Commune

4 Starring Ulrich Thomsen, Trine Dyrholm. Co-written and directed by Thomas Vinterberg. Opens Friday at TIFF Bell Lightbox. 111 minutes. 18A. — When Erik inherits the big, old house from his estranged father, his first thought of how much money it'll fetch when he sells it.

Wife, Anna, has another idea: keep the house and bring in boarders and share a communal lifestyle.

It's the 1970s and the concept of communes has gained a growing appeal among liberal-minded Danes.

When Erik, a university teacher, starts a relationship with a much younger student, Anna suggests she move in too, over the initial objections of her house mates. Things do not go smoothly.

Filmmaker Thomas Vinterberg (who grew up in a commune) presents a moderately fascinating tale with touches of humour and quirky characters.

There's some nice performances too, especially Trine Dyrholm as Anna, who realizes too late she's made a mistake and Martha Sofie Wallstrom Hansen as teenage daughter, Freja, who watches events unfold with growing dismay.

Expect to find your own ideas about love and personal responsibility challenged.

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CAA AMA Rewards

OSCARS AFTER BOYCOTT, IRANIAN DIRECTOR COLLECTS AWARD AT CANNES Asghar Farhadi, pictured with Lily-Rose Depp, has finally received his Oscar for best foreign language film, after boycotting the Academy Awards. He received the statuette during the opening ceremony at the Cannes Film Festival on Wednesday. Farhadi boycotted the ceremony in February over U.S. President Donald Trump's proposed travel ban on people from several majority-Muslim countries, including Iran. In his acceptance speech on Wednesday, Farhadi praised Cannes as a "place where cultures speak to one another." Farhadi won for The Salesman, the story of a married couple who performed Death of a Salesman on stage. THE ASSOCIATED PRESS

FOREIGN FILM

Loveless another bleak portrait of Russia

After his Oscar-nominated film Leviathan was deemed "anti-Russian" by Russia's Minister of Culture, director Andrey Zvyagintsev returned to the Cannes Film Festival with an equally bleak critique of Russian society.

Zvyagintsev was to premiere his fourth film, Loveless, on Thursday in Cannes, where Leviathan won best screenplay three years ago. That film, which also won a Golden Globe, was made with Russian state funding and prompted Russia's culture minister, Vladimir Medinsky, to refuse any further state financing for what he called Zvyagintsev's mix of "hopelessness and existential meaninglessness."

Loveless was instead made as an international co-production. The film is ostensibly about a bitterly divorcing couple (Mariana Spivak and Alexey Rozin), whose young son (Matvey Novikov) goes missing. But Loveless is also filled with state news reports and other sometimes subtle, sometimes blatant references that — as in Leviathan — suggest that Russia's politics have bankrupted its society.

"The Ministry of Culture went to great pains to emphasize how much they disliked Leviathan and their desire to avoid the repetition of this kind of mistake in the future," said producer Alexander Rodnyansky.

"After the uproar that Leviathan caused in Russia, I made a conscious decision to do this without any state involvement. I decided we didn't need to embarrass them again and to do the film on our own."

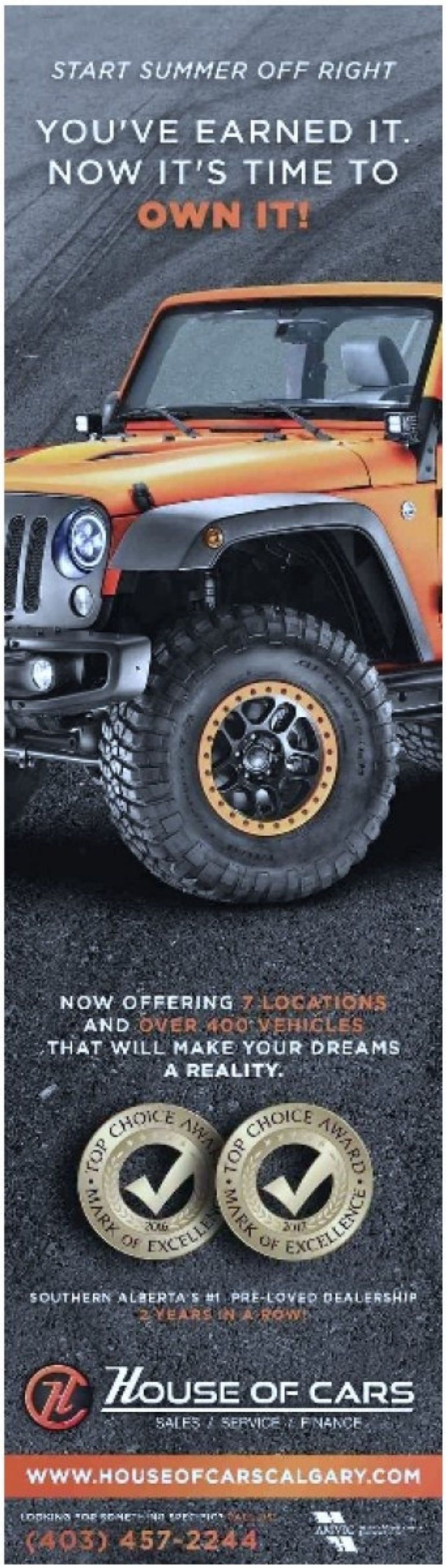
Grim and controlled, Loveless is initially focused on the relationships of its central characters. But Zvyagintsev steadily builds political subtext into the tale that, by the end, moves to the film's centre. State propaganda on Ukraine is heard on the radio and on TV. In one pivotal scene, the mother wears a jogging suit emblazed with "Russia" and the national colours.

Though it didn't immediately earn the same widespread praise as Leviathan, London's Daily Telegraph praised Loveless as "an opaque but pitiless critique on the director's native Russia."

Variety wrote: "Zvyagintsev can't come right out and declare, in bright sharp colours, the full corruption of his society, but he can make a movie like Leviathan, which took the spiritual temperature of a middle-class Russia lost in booze and betrayal, and he can make one like Loveless, which takes an ominous, reverberating look not at the politics of Russia but at the crisis of empathy at the culture's core."

In one unusual exchange Wednesday, a reporter accused Zvyagintsev of proffering his own propaganda.

"Certainly not," said Zvyagintsev. "If you saw Leviathan then you know where I stand vis-a-vis the powers that be. It's not supposed to be propaganda at all in this episode. You do see these scenes on TV. It's Russian life, Russian society, Russian anguish at the end of the day. But it's also universal, not just Russian." THE ASSOCIATED PRESS



3 MORE TEEN TERMINAL ROMANCES

The Fault In Our Stars
John Green's bestseller-turned-blockbuster stars Shailene Woodley as a terminally ill teen who bonds with a boy from her cancer support group.

If I Stay
After a family car crash lands a girl in a deep coma, she has an out-of-body experience that forces her to decide between two fates — one of which is a budding romance.

13 Reasons Why
Jay Asher's novel has stirred up controversy with its Netflix adaptation that follows a teenager as he tries to uncover why his crush killed herself.

A tale about a teen with a rare disease, Everything, Everything quarantines its protagonist inside her hermetically sealed home for her own safety. But when the handsome boy next door suddenly shows up, Maddy begins to risk her health to join her would-be suitor. Based on a book by Nicola Yoon, the film is directed by Stella Meghie (pictured L-R, inset). CONTRIBUTED

Is 'sick-lit' the budding new genre of teen romance?

DRAMA

Love stories foiled by illness are on the rise in Hollywood

Steve Gow
For Metro Canada

There's a hot trend in pop-culture right now and it's got nothing to do with crystal-infused water bottles, restorative nap cafés or even the latest Fitbit. No, I'm talking about the rise of the terminal romance.

Popularized by such young adult films as The Fault in Our Stars and smash Netflix series 13 Reasons Why, these books-turned-blockbusters backdrop budding teen romance against raw topics like illness or death.

"Kids are dealing with these things — whether or not we decide to talk about them," novelist Nicola Yoon said recently about the trend.

"I definitely feel a responsibility to be a part of that conversation but we can't pretend these things aren't happening."

Yoon's bestseller Everything, Everything is just the latest sobering story to see life on the big screen.

A tale about a teen with an extremely rare disease, Everything, Everything quarantines its protagonist inside her hermetically sealed home for her own safety. But when the handsome boy next door suddenly shows up, Maddy begins to risk her own health to join her would-be suitor.

"It's just very unique in the way its told," said director Stella Meghie of the inspiring novel.

"There's drawings and text messages, lists and recipes and it just has a certain whimsy and quirkiness to it but the romance is classic — it's Romeo and Juliet."

Not unlike the Shakespeare mainstay, Everything, Everything doesn't shy away from dark themes. But the rising trend of introducing such subjects as disease and death into young adult fiction has caused concern with some parents as well.

Nicknamed "sick-lit" by detractors, many say such content only romanticizes dark deeds and may provoke depression or other harmful acts among teens.

"Books don't create behaviours," defended If I Stay author Gayle Forman in Time Magazine. "What books can do, however, is reflect an experience and show a way out of difficult, isolating times" — a sentiment Yoon and Meghie certainly agree with.

"Kids are at such a pivotal stage of their life. I mean they're trying to figure out who they are, who they're going to be and they're trying to figure out how to be a good citizen of the world, asking themselves these big questions about the meaning of life," said Yoon. "These are great questions — adults should be asking them too."

Gabourey Sidibe on her struggle with the scale

INTERVIEW

New memoir reflects on her physical and mental health

Gabourey Sidibe had a storybook rise to stardom with her Oscar-nominated debut in Precious, but the actress found fame was no shield for the onslaught of vicious insults ridiculing her physical appearance.

In her memoir This Is Just My Face: Try Not To Stare (Harper Avenue), the 34-year-old shares details about her recent weight-loss surgery, but also goes back to childhood to explore her longtime struggle with the scale.

She describes extreme measures employed in an effort to shed pounds, from fad diets to bulimia, and is also candid in talking about her mental health, dealing with depression and panic attacks.

Sidibe earned widespread acclaim for her portrayal of the title character in 2009's Precious, as an overweight, illiterate, pregnant teen mother subjected to horrifying abuse.

Offscreen, Sidibe's bubbly personality, quick wit and sarcasm have been both a source of protection and a tool to battle back against attacks. But her armour isn't impenetrable, particularly when it comes to the stinging insults and racially tinged slurs that have been levelled her way.

"The thing about writing (is) I had all the space and time in the world to get really, really deep and think about things that I wouldn't normally think about — which was really great," the Empire star said during a recent interview in Toronto.

"While writing the first sentence of all of these chapters, I was really upset about something. ... But by the end, by the last sentence of the chapter, I felt relieved and alleviated of the pain or whatever, the annoyance — all of it. It was like I could breathe," she added.

"It was like something was lodged in my chest, and writing about it allowed it to fall through."

The New York-born actress writes about her pre-fame stint as a phone sex "talker," and how indulging in caller fantasies offered unexpected training for her acting career.

"On my first film, Precious, I remember that a lot of dialogue was improv — a lot of it. And I was really good at it at the time because every single call was completely improv.

"There might be basic things that you say, like I have to say my name, 'Hi, I'm Melody.' Or you know, 'I'm a college girl' or 'I'm a horny housewife,"' she added, laughing, as she temporarily transformed into her high-pitched talker persona.

"There's kind of a script, but for the most part, I can't determine what that guy is going to want. When I say 'hello' I don't know what he wants, but whatever he needs me to be, I need to be.

"An audition ... is walking into a room and convincing them not only to like you, but to like you more than the last person they saw and more than the next person they'll see. It's all about likeability. And being on the phones, that's what it was."

Sidibe had high praise for Precious director and Empire co-creator Lee Daniels, who has inspired the actress in her own foray behind the camera.

"There are so many things that I take away from him without trying to copy him — because he knows what he wants," said Sidibe, who directed her first film The Tale of Four last summer.

"He might not know how to get there ... but (you say): 'This is what I want.' So, it helped me to explain to my (director of photography) or my assistant director: 'This is what I'm trying to achieve: tell me how to get there.' I learned collaboration from Lee and all of the directors I've ever worked with."

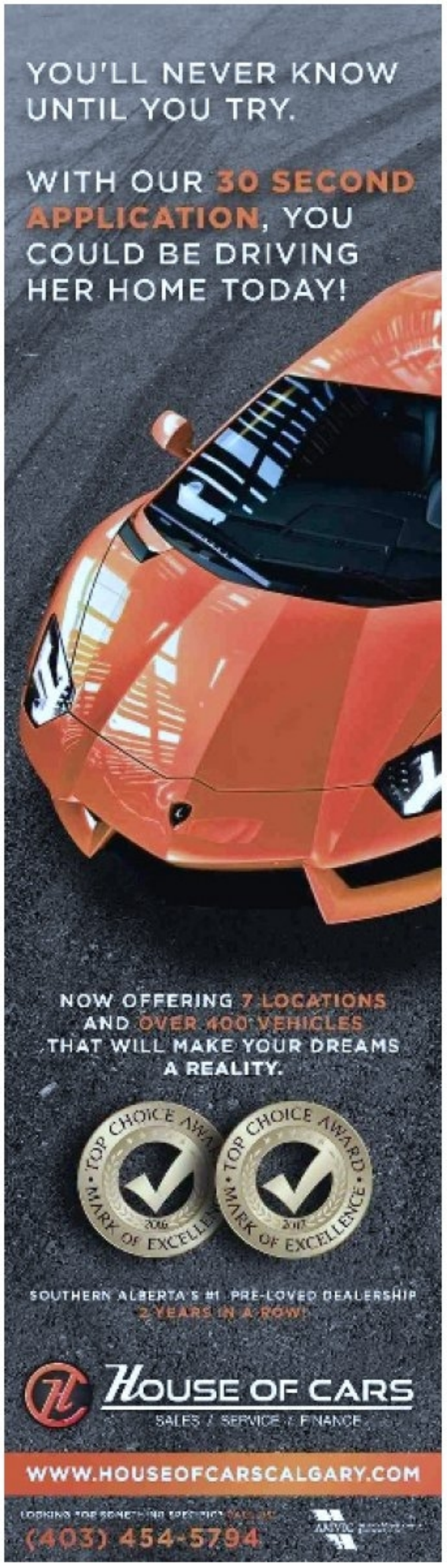
Sidibe said she didn't truly recognize her capabilities and worth as a writer prior to her memoir — even though she had embraced the craft since childhood.

"I didn't realize that anything I had to say had any value," she said. "After writing my book, I realize everything was valuable. Even though it was my point of view, it's just as valid as anybody else's.

"As I did in the book, I want to take those stories I've written and put them onscreen. That's absolutely the next step, and I cannot wait to get started."

THE CANADIAN PRESS

"On my first film, Precious, I remember that a lot of dialogue was improv — a lot of it. Gabourey Sidibe, on acting



Yelp reviews leave Yale prof in hot water

INTERNET SCANDAL

Dean called staff 'morons' and patrons 'white trash'

A Yale University dean has been placed on leave over offensive reviews she made on Yelp, including one in which she refers to customers of a local restaurant as "white trash."

Pierson College Dean June Chu issued a public apology Saturday after reviews from her personal Yelp account began circulating the Ivy League school.

Pierson Head Stephen Davis sent an email Thursday informing members of the residential college that Chu had been placed on leave after he discovered there were numerous "reprehensible posts," not the two he had been led to believe existed.

If you are white trash, this is the perfect night out for you!

Yelp review of a local Japanese steakhouse by Pierson College Dean June Chu

"If you are white trash, this is the perfect night out for you!" Chu wrote in a review of a local Japanese steakhouse.

Davis, who is in charge of the college's administration, said that review and another which described movie theatre workers as "barely educated morons" were "deeply harmful to the community fabric."

He said he discovered on Saturday night that there were other "reprehensible posts" that represented a more widespread pattern, compounded the harm of the first two and damaged his trust in Chu and her ability to lead the college.

"Let me be clear," he wrote. "No one, especially those in trusted positions of educating young people, should denigrate or stereotype others, and that extends to any form of discrimination based on class, race, religion, age, disability, gender identity, or sexual orientation."

Chu did not immediately return phone and email messages Thursday seeking comment.

On Saturday, she wrote to students that she was wrong to make the remarks.

"There are no two ways about it," she wrote. "Not only were they insensitive in matters related to class and race; they demean the values to which I hold myself and which I offer as a member of this community."

Chu was appointed Pierson's dean in May 2016 after serving as an assistant dean of undergraduate students at Dartmouth College and before that as director of the Pan Asian American Community House at the University of Pennsylvania.

Her biography on the Yale website said that during her career she has "sought to help students not only succeed academically but to support their holistic academic experience and multifaceted identities."

Davis said Chu will not participate in any activities related to the university's May 22 commencement or work with students through the end of this academic year.

He did not directly address her long-term future with the school.

But he wrote that while he had envisioned a future before Saturday that included healing and reconciliation over Chu's remarks, "Today I am grieving because I no longer can envision such a way forward."

THE ASSOCIATED PRESS

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CANNES IT GIRL The cacophony of the Cannes Film Festival was tamed Thursday by a deaf 14-year-old actress, Millicent Simmonds, whose screen debut is being hailed as a breakthrough. Todd Haynes' partly wordless fable Wonderstruck premiered in competition at Cannes, bringing the festival one of its most anticipated films and a possible Academy Awards contender. The film, Haynes' follow-up to his much Oscar-nominated Carol, is based on the young-adult novel by Brian Selznick. THE ASSOCIATED PRESS

Chris Cornell, voice of rock, mourned by fans

OBITUARY

Lead singer of Soundgarden, Audioslave was an industry vet

Police are investigating the musician's death as a possible suicide. THE ASSOCIATED PRESS

Chris Cornell had become one of the most lauded and respected contemporary lead singers in rock music, thanks to his charismatic energy onstage and wide vocal range. He was a leader of the grunge movement with Seattle-based Soundgarden — with whom he gained critical and commercial acclaim — but also found success outside the band with other projects, including Audioslave, Temple of the Dog as well as solo albums.

His death Wednesday night stunned his family and his die-hard fans, who Cornell had just performed for hours earlier at a show in Detroit. Police said Thursday that the 52-year-old's death is being investigated as a possible suicide.

Detroit police spokesman Michael Woody told The Associated Press on Thursday that he couldn't release details about why police are investigating the death as a possible suicide, but noted there were "basic things observed at the scene" and another police spokesman told two Detroit newspapers that the singer was found with a band around his neck.

An autopsy is being conducted Thursday and some information from it is expected to be released later in the day.

Soundgarden's current tour kicked off in late April and was planned to run through May 27.

Cornell was known for his memorable voice and skilled songwriting, collaborating on a number of film soundtracks, including the James Bond theme song for 2006's Casino Royale and The Keeper from Machine Gun Preacher, which earned him a Golden Globe nomination.

"To create the intimacy of an acoustic performance there needed to be real stories. They need to be kind of real and they need to have a beginning, middle and an end. That's always a challenge in three and a half or four minutes — to be able to do that, to be able to do it directly," Cornell said of songwriting in a 2015 interview with The Associated Press.

Cornell, who grew up in Seattle, said he was kicked out of school at age 15 and started using drugs at 13.

"I went from being a daily drug user at 13 to having bad drug experiences and quitting drugs by the time I was 14 and then not having any friends until the time I was 16," he told Rolling Stone in 1994.

"There was about two years where I was more or less agoraphobic and didn't deal with anybody, didn't talk to anybody, didn't have any friends at all. All the friends that I had were still (messed) up with drugs and were people that I didn't really have anything in common with."

But at 16 he became serious about music, learning to play the drums while also working as a busboy and dishwasher. "That was the toughest time in my life," he told Rolling Stone.

He eventually became a Grammy winner with Soundgarden, formed in 1984 and emerging from Seattle's blossoming music scene — which included Nirvana, Pearl Jam and Alice in Chains.

The band made a mainstream breakthrough with Superunknown, its 1994 album that launched five singles, won them two Grammys and sold more than five million units in the U.S. They broke up in 1997.

In 2001, Cornell joined Audioslave, a supergroup that included former Rage Against the Machine members Tom Morello, Brad Wilk and Tim Commerford. The band released three albums in six years before disbanding in 2007. Cornell and Soundgarden reunited in 2010 and released the band's sixth studio album, King Animal in 2012.

Cornell also collaborated with members of what would become Pearl Jam to form Temple of the Dog, which produced a self-titled album in 1991. In 2011, he was ranked ninth on Rolling Stone's list of the best lead singers of all time, selected by readers.

Nielsen Music said as a band member and solo act, the singer sold almost 15 million albums and 8.8 million digital songs in the U.S. His first solo album, 1999's Euphoria Morning, was initially supposed to be entitled Euphoria Mourning.

"It was a pretty dark album lyrically and pretty depressing, and I was going through a really difficult time in my life — my band wasn't together anymore, my marriage was falling apart and I was dealing with it by drinking way too much, and that has its own problems, particularly with depression," he told Rolling Stone in 2015.

Cornell referenced death and suicide in a 2007 interview with the AP when discussing No Such Thing, a single on his second solo album, Carry On.

"The 'no such thing as nothing' line comes from the concepts that humans don't really have a flat line until we're dead. If we are not leading a happy productive life, we are leading probably an unhappy non-productive life," he said.

THE ASSOCIATED PRESS

REACTIONS ONLINE

Music industry mourns

Elton John tweeted, "Shocked and saddened by the sudden death of @chriscornell. A great singer, songwriter and the loveliest man."

"RIP Chris Cornell. Incredibly Talented. Incredibly Young. Incredibly Missed," Jimmy Page tweeted.

KEXP, Seattle's popular independent radio station, paid tribute to Cornell Thursday morning by playing songs from Soundgarden, Cornell's other bands and solo work, as well as artists who covered Cornell's material and were influenced by him.

"Seattle's son, Chris Cornell, has passed away," DJ John Richards told listeners.

THE ASSOCIATED PRESS

Nearly 40 per cent of Canadians eat lunch at their desks. Researchers cite high pressure workplaces as a factor. ISTOCK

Study: Sad desk lunches an epidemic in Canada

CULTURE

Research shows total disintegration of meal habits

Almost 40 per cent of Canadians are eating lunch at their desks — a number that reflects increasing workplace pressures as well as shifting attitudes toward meals, says the lead author of a new study gauging the country's eating habits.

The survey, which was conducted by Nova Scotia's Dalhousie University, found that 39 per cent of respondents ate at their desks, compared with 37 per cent who ate lunch at home. The remaining 24 per cent had lunch in a cafeteria or in a kitchen-type room.

"It really speaks to how pressured workers are," said lead author Sylvain Charlebois, a professor in food distribution and policy at Dalhousie.

"To take the time to go eat any meal at work is slowly becoming a luxury."

Charlebois and his team found that 72 per cent of respondents packed their own work lunches, while 24 per cent either bought their lunches to eat outside or ate at restaurants.

People in Atlantic Canada eat lunch at their desks most often, at almost 50 per cent, the study suggested. They're also much more likely to eat alone, with 68 per cent reporting doing so.

Charlebois said the discrepancy in Atlantic Canada remains "a mystery," although he cited an older population and longer distances to travel as possible factors.

Only 36 per cent of Quebecers eat lunch alone, while the figure is 61 per cent in Ontario.

When it comes to dinner, Canadians are increasingly turning to ready-made meals or eating out at restaurants, the study found. Some 41 per cent of survey respondents reported doing so once or twice a week, while three per cent said they did so every day.

Only 18 per cent of participants said they never ate at restaurants or bought ready-made meals for dinner.

Charlebois pointed out that grocers are offering more ready-to-eat options and increasingly adding tables and chairs for people to consume food on site as a way to boost the trend.

"I think the study actually speaks to the blurring lines between traditional meals and out-of-household food consumption," he said.

The study found men were more likely than women to eat at restaurants and that single people do so more often than those who are married, separated or divorced.

Meanwhile, more than two-thirds of those surveyed — 67 per cent — said they eat breakfast alone most of the time, compared with 30 per cent who eat with family or friends and three per cent who eat with roommates.

The survey also indicated women were three times more likely than men to skip breakfast.

Taken together, Charlebois says the results of the study show what he calls "a complete disintegration of our meal habits" and the abandonment of the traditional three-meals-a-day structure around which most days were scheduled.

"Lunch was the first meal to disappear, because most people are challenged by work, and breakfast is next," he said.

He believes dietitians and nutritionists may have to adjust what kind of advice they give the public in light of changing habits.

"Instead of imposing more discipline to Canadians, we need to figure out ways for Canadians to consume good healthy foods throughout the day regardless of what time of day it is," he said.

The study surveyed 1,019 Canadian adults this past March and April and has a margin of error of 3.1 percentage points, 19 times out of 20. The margins of error are higher for the regional breakdowns.

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RECIPE

Dessert goth before it was cool

Karon Liu
For Metro Canada

There are certain foods I dub "Instagram food" — foodstuffs in which esthetics are prioritized over taste and practicality, created in an attempt to go viral. They're usually pushing the envelope of good taste, both literally and figuratively.

Instagram food trends typically have the lifespan of about a week before we move on to the next. In response to all the happy rainbow unicorn toasts, milkshakes, cupcakes and lattes, we now have goth food — food that's entirely black, made so with the addition of activated charcoal.

When I first saw these in my feed I was reminded of a Chinese dessert my grandma used to make: gee-ma woo, which translates to sesame soup. It's nutty, sweet and guaranteed to turn your tongue and teeth black. A traditional East Asian dessert porridge, it's made by grinding toasted black sesame seeds and rice, then mixing it with water and sugar to form a thick, syrupy, completely black porridge. And unlike activated charcoal, black sesame has actual flavour that enhances the dish beyond its appearance.

TORSTAR NEWS SERVICE

Gee-ma Woo (Sweet Black Sesame Porridge)
Makes 6 to 8 servings.

Ingredients:
- 1/2 cup any white rice
- 1 cup black sesame seeds
- 225g rock sugar or 1-1/4 cups granulated sugar
- 7 cups water

Directions:
1. Rinse rice and soak in water in a small bowl overnight. Drain and set aside.
2. In a large skillet over medium heat, toast black sesame seeds until fragrant (30 seconds to a minute). Shake pan frequently to prevent burning.
3. Transfer toasted sesame and soaked rice to a blender, adding 2 cups water. Blend on high speed until sesame and rice are pulverized and a smooth paste is formed, about 8 to 10 minutes.
4. Add remaining water. Bring mixture to a gentle boil over medium heat, stirring frequently to achieve a smooth porridge with the consistency of maple syrup (add more water if mixture is too thick). Stir in sugar until completely dissolved and there are no lumps. Taste and add more sugar or water if necessary. If desired, use an immersion blender for an extra smooth texture, or run the liquid through a fine mesh strainer. Transfer to serving bowls and serve immediately. TORSTAR NEWS SERVICE

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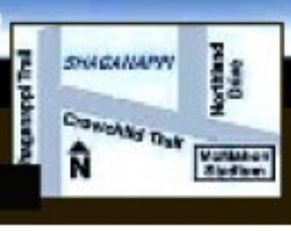

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Not just big-hearted: *Whale*-hearted

A blue whale is now reunited with its heart at the Royal Ontario Museum. The whale tragically washed ashore in Rocky Harbour, Nfld. in May 2014, but scientists have done their best to preserve its remains for public education. The heart is the latest organ to go on display. Here are five things we learned about the blue whale's heart.

INSIDE OUT
The whale's largest blood vessels are so big that a human baby could fit through them. Not that they should, mind you.

STORY BY
David Hains/Metro

PHOTOS BY
Lance McMillan/ For Metro

OVERSEAS ADVENTURE
The ROM team shipped the heart to Gubener Plastinate in Germany (of Body Worlds fame) to preserve and plastinate. It was an "adventure" according to Jacqueline Miller, a ROM mammalogy technician. A lot of permits were involved, and then it took six staff eight hours to prepare the package for shipping. The heart was "kind of like a wrapped egg in a great foam egg-crate inside of the tank."

PUMPED UP
This specimen is four feet wide, three-and-a-half-feet tall, and three feet thick. A blue whale's heart pumps 150 litres of blood per beat. Excluding all that blood, it still weighs 400 pounds.

PRESERVED FOR AGES
It took over a year-and-a-half to preserve the heart. Four months were needed to prepare it in nearly 16,200-litre barrels of fomaldehyde. Then technicians dehydrated the heart using 22,000 litres of acetone, a process that took another five months. Finally, there was still dissection, reshaping, and colouring.

AS BIG AS IT GETS
So what does the blue whale heart teach us? "Being the largest creature, the blue whale's heart represents an upper limit on cardiovascular growth and adaptation," said Miller. Eat your heart out, Michael Phelps.

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5	2	8	4	1	7	6	3	9
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CREATIVITY

Student gives Harvard a really good rap

While other Harvard University students were writing papers for their senior theses, Obasi Shaw was busy rapping his.

Shaw is the first student in Harvard's history to submit a rap album as a senior thesis in the English Department, the university said. The album, called "Liminal Minds," has earned the equivalent of an A-minus grade, good enough to guarantee that Shaw will graduate with honours next week.

Count Shaw among those most surprised by the success.

"I never thought it would be accepted by Harvard," said Shaw, a 20-year-old from Stone Mountain, Georgia, a suburb of Atlanta. "I didn't think they would respect rap as an art form enough for me to do it."

Shaw describes the 10-track album as a dark and moody take on what it means to be black in America. Each song is told from a different character's perspective, an idea inspired by Geoffrey Chaucer's 14th-century classic The Canterbury Tales. Shaw, who's black, also draws on the works of writer James Baldwin while tackling topics ranging from police violence to slavery.

Shaw's thesis adviser, Harvard English lecturer Josh Bell, said Shaw is a "serious artist and he's an amazing guy."

Shaw was at home for winter break in 2015, struggling to find a topic for a written thesis, when he told his mother, Michelle Shaw, about the creative thesis option. He had recently started writing his own raps and performing them at open-mic nights on campus. His mother connected the dots and suggested he record an album for his thesis.

It took Shaw more than a year to write the songs and record them at a studio on Harvard's campus. His friends supplied many of the beats, while he taught himself how to mix the tracks.

"I'm still not satisfied with the quality of the production just yet, but I'm constantly learning and growing," Shaw said.

Shaw plans to circulate the album online for free and hopes it opens doors to the music industry. In the meantime, he's headed to Seattle to work as a software engineer at Google.

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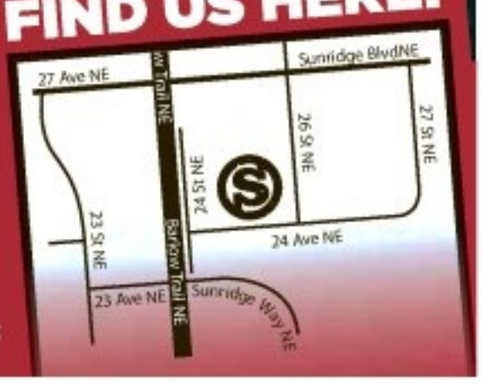

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Your essential daily news

Jeff Koons' 45-metre inflatable ballerina sculpture is up until June 2 at Rockefeller Center

Montana's magnificent ranges

EXPLORE

Find solitude and majesty in the Beartooth Wilderness

Crawl from your warm sleeping bag out the tent door, into the darkness and pre-dawn wind whipping across the plateau. Look up at the cathedral of the sky. Watch the whirlpool of constellations spin overhead.

It's hard not to feel vertigo in the majesty of Montana's wilderness. Whether you seek the rocky heights of a 3,000-metre peak or an endless chain of lakes, the pastels of a mountain meadow or the catch of day (here it's trout), you'll find it here in one of the state's most magnificent ranges, the Absaroka-Beartooth Wilderness.

This 42-kilometre trail cuts through one of the state's most majestic ranges. THE ASSOCIATED PRESS

The best way to get in there is the Beaten Path, a 42-kilometre trail that climbs up and over the Gallatin National Forest watershed divide. The trail has a reputation for high foot and horse traffic, but in the five days we backpacked through last summer, my hiking partner and I saw just a handful of others and embraced the solitude.

The trailhead sits at the southeastern edge of East Rosebud Lake. Accessible by car from the north via a 22-kilometre road from Roscoe.

However, we accessed the path via Red Lodge, a tourist town east of the wilderness that serves as the jumping-off point for the Beartooth Highway, a breathtaking drive that climbs to 3,352 metres while winding along the Wyoming border. Much of the valley and surrounding ridgeline is a moonscape of charred timber and ash on the forest floor, the result of an intense 2008 fire.

Climbing north out of the river valley and onto the Red Lodge Creek plateau, our boots were grey and dusty by the time we reach tree line. Up to 3,000 metres then down off the ridge, we camped on the marshy shores of Crow Lake, hemmed in by a seam of serrated peaks that turned crimson at sunset.

The following day, we climbed out of the valley and crossed an amber meadow carpet, then descended a dusty switchback to arrive at East Rosebud Lake and the beginning of the north end of the Beaten Path.

The path wound south, past one lake after another, following East Rosebud Creek as it drains north. The fishermen we passed carrying trout in plastic bags provided reassurance that even novice anglers like ourselves could catch something. At Elk Lake that night, we did not.

One of the beauties of the Montana alpine terrain is how easy it is to wander. One night, we bushwhacked off trail, upstream to Echo Lake. Pika Peak, named for the small, furry rodents we saw occasionally darting along the trail, was bathed in a tangerine sunset, and we were astounded that, literally, with every cast of our reel, we pulled in brook trout well in excess of a foot. Pan-fried trout for dinner and for breakfast.

After being baked red by the sun for three days, we welcomed the wind but not the spitting snow and hail. We bundled up for our descent.

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OTTAWA

5 MURALS REFLECT CHANGING ATTITUDES IN BELFAST

Murals around the Northern Irish capital are changing from menacing paramilitary propaganda to more positive messages, adding colour to areas living for generations in black and white, Protestant and Catholic. Reflecting the will for a brighter future, here are five of the best pieces of gable wall artwork to visit in Belfast. TORSTAR NEWS SERVICE

1 Famous faces

Steps from the Dark Horse and Duke of York bars, grab a pint and begin guessing the names of celebrities lining the walls. There's local lad Van Morrison, Liam Neeson from the nearby town of Ballymena, Kit Harrington (Jon Snow) from HBO's Game of Thrones in a Northern Ireland soccer jersey, and characters from the Belfast-set BBC drama The Fall, starring The X-Files' Gillian Anderson and 50 Shades of Grey lead Jamie Dornan, who grew up in the Belfast suburbs. A road sign has been changed from "diversion ends" to "division ends."

2 Irony

In one mural, two youngsters stand in the rubble of Protestant homes destroyed at the start of the Troubles. Bryan Adams's Summer of '69 lyrics — "Those were the best days of my life" — apply ironically. A smiling man with a handful of teeth approaches to say the picture is from 1979, not 1969. He's got the original at home.

PHOTOS BY DAVID BATEMAN/TORSTAR NEWS SERVICE

3 Contrasting historical murals

Armed balaclava-clad Ulster Volunteer Force gunmen preaching the right to defend themselves on one corner look to a newer mural celebrating the city's great shipbuilding traditions on Dee St. More than 30,000 people had once been employed directly in the dockyards. The Harland and Wolff company's infamous creation, the "unsinkable" Titanic, is immortalized at a highly commended museum a short drive away.

5 Looking to a better future

Belfast is discovering its culture doesn't have to involve violence, even if its biggest attractions are paramilitary murals, a sunken ship, and a TV show, Game of Thrones, that kills characters with unparalleled regularity and brutality. Art hasn't healed sectarianism or social problems. It merely reflects the majority's will to forge a new society and a better future.

4 Art reflecting life

Murals of militaristic skeletons wielding semi-automatics on the Lower Shankill are changing to messages of unity, such as this collage of local faces. Previously, children in these deprived areas, robbed of good education and opportunities, saw paramilitary figures as a way to "achieve social status by abnormal means," taxi driver tour guide Billy Scott says.

The author was hosted in part by Tourism Ireland and Wee Toast Tours, who did not review or approve any aspect of this story.

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Artistic angst amid rising nationalism

BIENNALE

Brexit and immigration subjects at Venice art fair

Asylum seekers make lamps as part of Green Light by Danish artist Olafur Eliasson. GETTY IMAGES

With nationalism on the rise, political engagement is central to the artistic dialogue at the Venice Biennale, the world's oldest contemporary art fair, which opened May 13.

From the main show, Viva Arte Viva, curated by Christine Macel, to 87 national pavilions in the Venice Giardini, Arsenale and throughout the historic city centre, artists are contemplating the world around them and giving a voice to under-represented populations.

The show runs through Nov. 26. Here are some highlights:

Green Light project

Berlin-based artist Olafur Eliasson's Green Light is an onsite workshop where 100 migrants create lamps lit by green bulbs from simple materials.

Visitors can engage with the migrants — for many a faceless, nameless category repeated on the news — pitch in and ask about their stories.

Eliasson says being a migrant is not an identity, but a condition. "What we see is ourselves," Eliasson said. "The migrants are a little bit like actors in a play. Fair enough. But I am doing it on the condition that they are volunteers ... they are not being objectified."

An immigration lawyer and psychological counsellor are among the 90 volunteers.

Dutch self-image

The Dutch pavilion examines the Netherland's self-image as progressive and tolerant, which has been put to the test during Europe's refugee crisis.

One film explores how the Dutch self-narrative papered over the difficult assimilation of mixed-race children of Dutch and Indonesian parents after Indonesia's independence.

Artist Wendelien van Oldenborgh discusses the issues in three short films.

Brexit melancholy

Phyllida Barlow's show of sculptures for the United Kingdom's pavilion titled Folly isn't about overtly about politics, but that did seep into the work as the Brexit campaign raged around her. She said the mood permeated her sculptures.

"As I was making the work, I began in April — before the referendum — I had this sense of unease, melancholia really, about this idea of occupying the British pavilion and what it means to be British ... when it's leaving Europe and I feel I'm European," Barlow said.

Hungarian utopia

For the Hungarian pavilion, artist Gyula Varnai discusses the "viability and necessity of utopias" in his show titled Peace on Earth. He uses defunct communist symbols, including a reproduction of a large neon Peace on Earth sign from a building in Hungary, to a rainbow made of 8,000 pins bearing Cold War-era symbols.

Curator Zsolt Petranyi said they asked themselves "is it true, that we can just speak about dystopias, that there is not any positive vision?" He realized that technology has become utopia's stand-in, "covering the deeper problems of today."

Illegal journeys

With cinematic tableaus, photographer Tracey Moffatt recreates scenes of "journeys, secret journeys, illegal journeys," in a series called Passages for the Australian pavilion.

The opening photograph features a mother grasping a child seen through a fog looking out over the sea.

"The baby is squirming. The baby will leave her. She might be giving the baby away for her passage. There are many scenarios," Moffatt said.

Greek Catharsis

George Drivas explores the complexity of the refugee crisis in his show for the Greek pavilion. In a video installation that draws on ancient Greek tragic theatre, Drivas outlines a 1960s experiment where foreign cells endanger the native.

The show is designed to get people to ask, "What kind of Europe to we want?" Divas said.

Drivas wants visitors to slow down and let the allegorical meaning of the experiment sink in.

Anyone who rushes through his installation will miss Charlotte Rampling's cameo, and possibly even catharsis.

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TOP 150 150
CELEBRATING CANADA'S GIFTS TO THE WORLD

Ten secret Canadians

FAME

Celebrities you didn't know were Canucks

Rhonda Riche

When Academy Award winner Anna Paquin was doing press for her new CBC series Bellevue, a lot of people were surprised to learn that the actress was born in Winnipeg. Of course, she moved to New Zealand when she was four, but the news made us wonder what other prominent people had Canadian roots. Here are a few.

1 Ted Cruz
This former potential U.S. presidential candidate was born to American parents in Calgary. While he returned to American soils as an infant, his opponents used his birthplace against him.

2 Nathan Fillion
Edmonton's Nathan Fillion is best known for American TV shows like Castle and Firefly, but he also narrated the documentary Highway of Tears about missing and murdered Aboriginal women in northern B.C.

3 Rick Fox
The Toronto-born actor and retired NBA star is best known for his lengthy career with the Boston Celtics and the Los Angeles Lakers.

4 Frank Gehry
This star-chitect is famous for geometric, postmodern buildings such as the Walt Disney Concert Hall in Los Angeles and the Guggenheim Museum in Bilbao, Spain. Born in Toronto, Gehry is also the only architect to be immortalized on The Simpsons.

5 Taylor Kitsch
Kelowna, B.C.'s Taylor Kitsch is so recognized for his work on Friday Night Lights that it's hard to believe he's not Texan.

6 Shay Mitchell
Born in Toronto, raised in Vancouver, where the Pretty Little Liars star got her start as a model.

7 Cobie Smulders
Even though The Avengers franchise star is best known for playing Canadian Robin Scherbatsky on the long-running comedy How I Met Your Mother, some fans are still surprised that the actress hails from Vancouver.

8 Jessica Pare
While she gained attention in the English-speaking world for her role as Megan Draper, Montreal's Jessica Pare was already famous in Franco-Canadian cinema since her turn in Denys Arcand's 2000 film Stardom.

9 Paul Schaffer
David Letterman's longtime music director and sidekick hails from Thunder Bay and got his start in showbiz with a legendary Toronto production of Godspell that also included Victor Garber and Martin Short.

10 Deadmau5
Toronto-born music maker Joel Thomas Zimmerman (aka Deadmau5) is known more for wearing a big mouse head than wrapping himself up in the Canadian flag.

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TOP 150 FOR 150
CELEBRATING CANADA'S GIFTS TO THE WORLD

We're crunchy and smooth

TASTE BUDS

Peanut butter was invented by a Canadian

Sean Plummer

George Washington Carver often gets the credit for inventing peanut butter, and, indeed, the American inventor with the peanut preoccupation came up with some 300 uses for the versatile legume, among them shaving cream, glue and chili sauce.

Centuries before, the Aztecs and Incas ground roasted peanuts into a paste, purportedly for a toothache remedy. But it was Montreal-based chemist Marcellus Gilmore Edson who successfully applied for American patent #306727 in 1884. That patent was for a peanut paste — a precursor to modern-day peanut butter — to be used in a peanut candy.

Edson's process milled roasted peanuts into a paste which he mixed with sugar to harden its consistency. The final product was akin to "butter, lard, or ointment," according to his patent application.

Edson hoped that the nutritious foodstuff would be amenable to consumers who had trouble chewing solid food, a common condition in his day.

Other inventors, including John Harvey Kellogg (yes, the inventor of corn flakes) refined the process, but Canadian Edson was there first.

Peanut butter was patented in 1884 by Montreal-based chemist Marcellus Gilmore Edson for a chewy candy. ISTOCK

The True Norse

Five hundred years before Christopher Columbus set foot on North American soil, Norse Vikings, including Leif Erickson, landed at what is now L'Anse aux Meadows on Newfoundland's northernmost tip.

The Vikings called it Vinland. The site was excavated in the 1960s by archeologists Helge and Anne Stine Ingstad and declared a UNESCO World Heritage Site in 1978. Today, it's a popular tourist attraction full of Viking-costumed interpreters.

SEAN PLUMMER

Norse Vikings landed on North American soil 500 years before Christopher Columbus. ISTOCK

ISTOCK

Egg-cellent

B.C. newspaper publisher Joseph Coyle saved countless breakfasts when he invented the now-famous egg carton.

His inspiration was a dispute between an egg farmer and a local hotelier sick of having broken eggs delivered.

Coyle patented the idea in 1918 and the rest is grocery history. **SEAN PLUMMER**

metro SPORTS

Starter Marcus Stroman hit his first major-league home run Thursday night, an opposite field jack as the Jays built a big lead in Atlanta

The Senators' complete game was too much for the Penguins in Game 3 as they breached Pittsburgh for four goals in the first period on Tuesday night.
MINAS PANAGIOTAKIS/GETTY IMAGES

Goals drying up for Pens

NHL PLAYOFFS

Sens' D-line strategy is frustrating Kessel & Co.

Phil Kessel fired the puck hard into the sideboards during a lull in Penguins practice at the University of Ottawa, then bent to one knee and seemed to stew in his own frustration.

Kessel had the goal which delivered Pittsburgh their first and only win so far in the Eastern Conference final — they trail 2-1 in the best-of-seven series — but generally, he and the Penguins have been aggravated by the persistent defensive efforts of the Ottawa Senators. The highest-scoring team during the regular season, the Pens have scored only three times through three games heading into Game 4 on Friday night.

"I know that we have what it takes," head coach Mike Sullivan insisted after practice on Thursday. A day after his team was thrashed 5-1 in Game 3, Sullivan seemed intent on trying to build confidence and lighten the mood around a team chasing a second straight Stanley Cup. He opened practice with some light-hearted drills which saw players flashing rare grins as they tried to keep pucks away from one another.

So far their experience against Canada's only remaining team has drawn mostly scowls, sighs and aggravation, including a fiery outburst from Kessel on the bench during the 1-0 Game 2 win. The Sens have simply sucked the life out of their attack with an intensely defensive approach mirroring the one which helped them capture second spot in the Atlantic Division during the regular season before topping the Bruins and Rangers in the opening two rounds.

"It can be a frustrating system to try and get through," Sens winger Bobby Ryan said.

Ottawa stacks the neutral zone with bodies, employing the 1-3-1 system which initially brought head coach Guy Boucher some recognition (both good and bad) during his time with the Tampa Bay Lightning.

The approach slows down an opponent and forces them to chase down pucks in the offensive zone. Craig Anderson has stopped 80 of the 83 shots he's faced. "A lot of times we throw blankets over you and try not to give you more than five, six feet of space to make a play," Ryan said.

THE CANADIAN PRESS

MLB

Pillar 'ashamed' of homophobic slur

Kevin Pillar was suspended for two games Thursday for shouting an anti-gay slur at an Atlanta Braves pitcher, an incident the Toronto Blue Jays centre-fielder says he deeply regrets but hopes will ultimately raise awareness about the hurtful impact words can have.

General manager Ross Atkins confirmed the team ban during a media availability before Thursday night's game at SunTrust Park in Atlanta. Pillar's pay from the two games will be donated, Atkins said.

Pillar was angry at Jason Motte for allegedly quick-pitching him to get a strikeout that ended the seventh inning in Atlanta's 8-4 victory Wednesday night.

Kevin Pillar
GETTY IMAGES

Replays appeared to show Pillar using the slur as he yelled toward the mound.

Pillar told reporters in Atlanta there is "no place for this language" anywhere, including on the baseball field.

"I really felt embarrassed for myself, for my family for this organization," Pillar said, adding that he had not slept much Wednesday night. "I was ashamed."

THE CANADIAN PRESS

IN BRIEF

McGregor resolves Mayweather fight with UFC

Conor McGregor has come to an agreement with UFC that has moved a proposed fight with Floyd Mayweather Jr. closer to reality.

UFC president Dana White said he reached a deal with McGregor and will now start negotiations on a mega-fight with Mayweather that could be worth $1 billion.

"I'm not saying the fight will happen, but I've got one side done. Now it's time to work on the other," White said.

McGregor confirmed the contract on Themaclife.com. THE ASSOCIATED PRESS

Spurs go off on Leicester

Harry Kane scored four goals in Tottenham's 6-1 rout of Leicester on Thursday.

Son Heung-min became the highest-scoring South Korean player in a European season scoring twice to reach 21 goals and break Cha Bum-kun's 19-goal haul at Bayer Leverkusen from the 1985-86 season.

THE ASSOCIATED PRESS

Gaviria takes Giro Stage 12

Colombian rider Fernando Gaviria won a bunch sprint at the end of the longest stage of the Giro d'Italia on Thursday to earn his third win in his first Grand Tour.

THE ASSOCIATED PRESS

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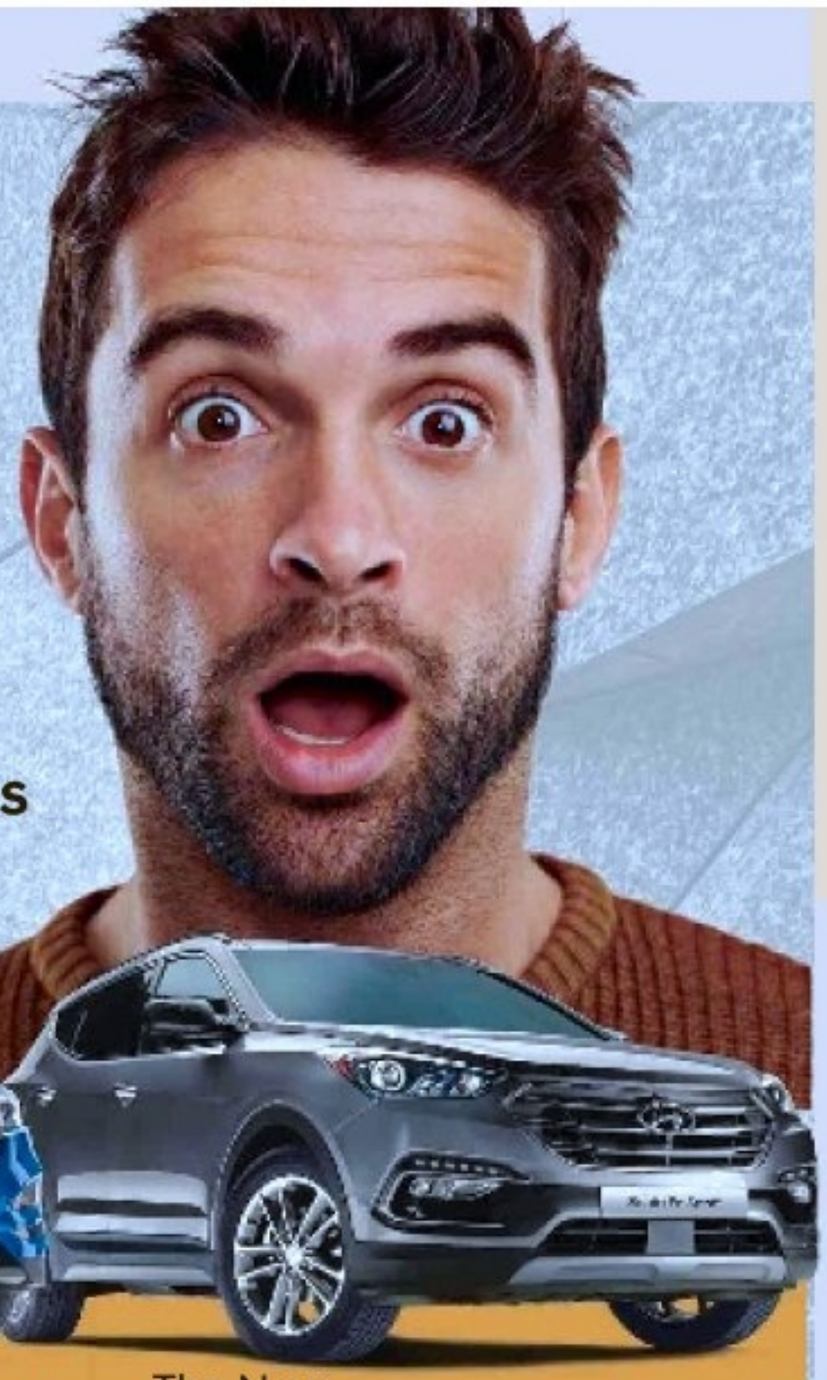

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MAKE IT TONIGHT

Luscious Rhubarb and Plum Crumble

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Catch the end of rhubarb season with this luscious dessert.

Ready in 1 hour
Prep time: 30 minutes
Cook time: 30 minutes
Serves 8

Ingredients
- 1 cup whole wheat flour
- 3/4 cup rolled oats
- 1/2 cup + 2 Tbsp brown sugar
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/3 cup pecans, chopped
- 1/2 cup butter, melted
- 3 1/2 cups of chopped, pitted plums
- 2 cups chopped rhubarb
- 1/3 cup + 2 Tbsp maple syrup
- 1 Tbsp lemon juice
- 1 Tbsp flour

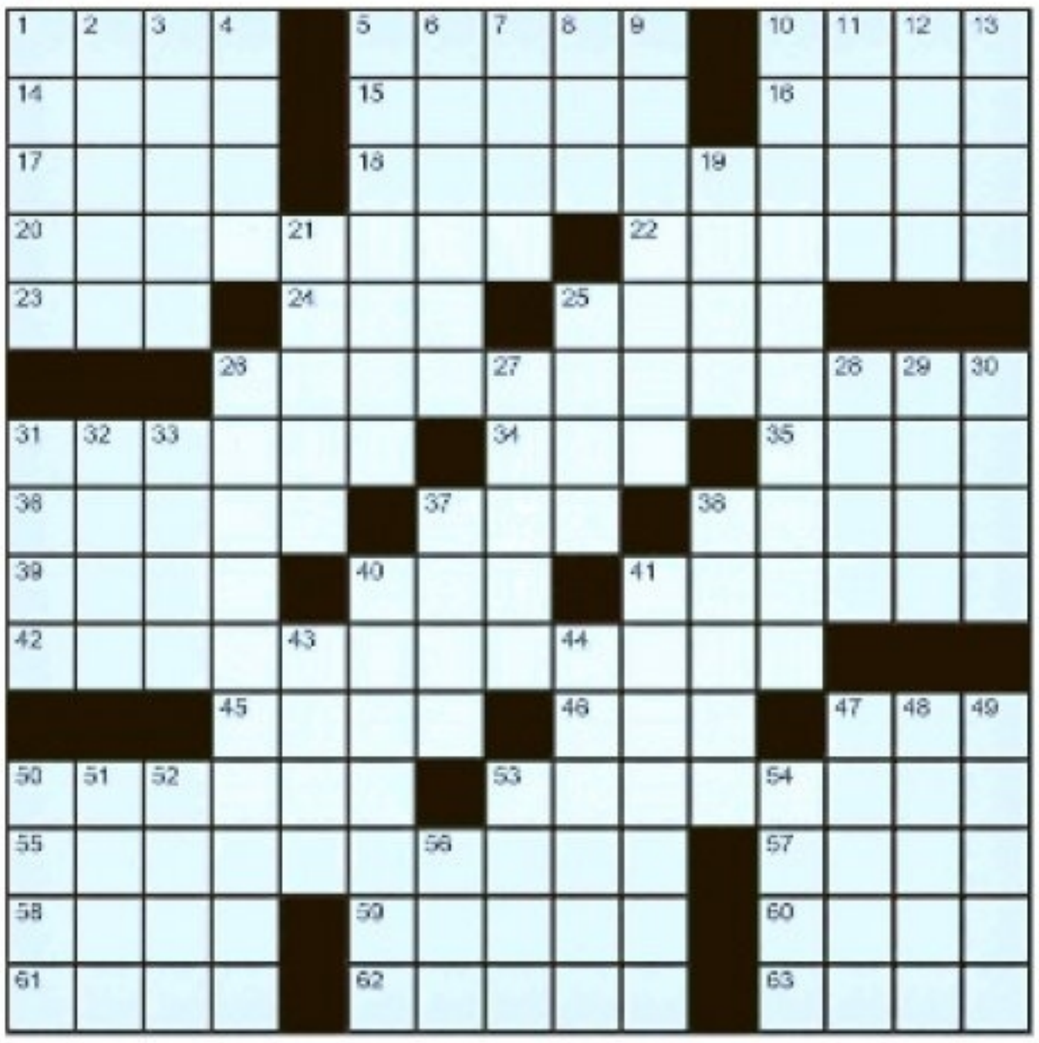
Directions

1. Preheat oven to 375 degrees.
2. Toss together the flour, oats, 1/2 cup of brown sugar, cinnamon, salt and nuts until everything is well combined.
3. In a small bowl, mix together melted butter and 2 Tbsp maple syrup. Pour over the oat mixture and stir until it becomes evenly moist. Set aside.
4. Place your chopped plums and rhubarb, lemon juice, 1/3 cup of maple syrup, 2 Tbsp brown sugar and flour in a bowl and give it a good toss. Pour fruit into an 8" x 8" baking pan. Top with crumble. Don't worry if it doesn't cover the fruit perfectly.
5. Bake for 30 to 35 minutes until the topping is golden brown and the fruit is bubbling. Allow to cool for a few minutes before serving.

FOR MORE MEAL IDEAS, VISIT

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Mr. Klugman of "Quincy, M.E."
5. Cashier-to-customers papers [abbr.]
10. Queen Victoria's is May 24th, briefly
14. Cosmetics giant
15. "Star Trek" character
16. Laugh: French
17. Enthusiasm
18. Popular pair of pants: 2 wds.
20. Journalistic output, often, to President Donald Trump: 2 wds.
22. Make a money plan
23. Years: French
24. "Could __ Your Girl" by Jann Arden
25. Actress, Candace Cameron __
26. Juno-winning country star from Nova Scotia: 2 wds.
31. Bequest
34. Grassland
35. "There will __ talking in class!"
36. Singer Ms. Cara
37. Soaked
38. "Desperately Seeking __" (1985)
39. Sud's directional opposite
40. Fashion scarf
41. 7UP rival
42. Canadian production on Broadway which has seven Tony Award nominations for this year's 2017 broadcast on June 11th: 3 wds.
45. Racetrack fence
46. Convened
47. Entrepreneur's deg.
50. Travels around a planet
53. Those driving too fast
55. Central thoroughfare in Winnipeg: 2 wds.
57. Beehive State
58. Editor's 'let it stand'
59. Place to connect in Chicago
60. Zero, in tennis
61. Mr. Malden
62. Oscar-winner Sophia
63. Diving bird

DOWN
1. Orange variety
2. Bird-related
3. Wine bottle toppers
4. Leg-bending point
5. 2010 Rihanna chart-topper: 2 wds.
6. Grub grinder
7. Wordplays
8. Numerical prefix
9. Liqueur of Italy
10. Rural town in Saskatchewan west of the Manitoba border
11. Hor. Vert. __. (Abbreviated lines)
12. "Rule, Britannia" composer
13. Fri., on Sat.
19. __ Mountains (Switzerland-France range)
21. Bridget Fonda, to Jane
25. __ juice
26. Newfoundland airport where planes on 9/11 were diverted (What the musical at #42-Across is about): wd. + abbr.
27. Sparkle
28. "__, _ can." (Can-do attitude reply)
29. Go __ great length
30. Zippo
31. Rival car of a Cadillac, for short
32. 'Switch' suffix
33. Wheat __
37. Sheep coat fabric
38. Outpouring
40. "__ Stomp": 1961 hit for The Dovells
41. Make more sugary
43. '50s singer Mr. Domino
44. Unit of electric current
47. "Ditto over here!": 2 wds.
48. "Clap! Clap! Clap!"
49. Drained looking
50. City of Russia
51. Pro __ (In proportion)
52. Casket stand
53. Singe
54. Boring
56. Greek alphabet's 17th letter

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You feel warm and generous to everyone today, which is why this is a great day to schmooze with partners and close friends. Have a good time, but don't go overboard.

Taurus April 21 - May 21
You feel content today. You're happy in your own skin. Things are coming your way and work looks hopeful!

Gemini May 22 - June 21
This is a popular day! Enjoy interactions with others, whether they are casual friendships or dealings with groups and organizations. People want to see you today.

Cancer June 22 - July 23
You make a fabulous impression on bosses, parents and VIPs today. Just be careful you don't promise more than you can deliver. Remain realistic.

Leo July 24 - Aug. 23
Big travel plans are thrilling. You want to go places and enjoy things in Leo style!

Virgo Aug. 24 - Sept. 23
If you have to share or divide something today, don't give away the farm. Remember that you have rights, too. Respect your own self-interest.

Libra Sept. 24 - Oct. 23
You feel warm and friendly toward everyone today, which is why you will be tempted to go overboard or make promises that you cannot fulfill.

Scorpio Oct. 24 - Nov. 22
This is a day full of self-indulgence. You might overeat and enjoy seconds on dessert, but you will feel guilty because you also have an eye on your health.

Sagittarius Nov. 23 - Dec. 21
This definitely is a party day — and you are the sign who likes to work hard and party hard! Enjoy good times with friends, sporting events and playful activities with children.

Capricorn Dec. 22 - Jan. 20
You will love to entertain at home today. In particular, you will love to show your guests a good time.

Aquarius Jan. 21 - Feb. 19
This is a fun-loving day; and you're in a great mood. You will enjoy the company of others, and you also will enjoy the beauty of your daily surroundings. It's a fortunate day, indeed!

Pisces
Feb. 20 - March 20
Look for ways to boost your income, because they do exist today. However, you also might overspend on something because it's easy to go overboard today. Ka-ching!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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